

AULAS DE NATAÇÃO | SWIMMING CLASSES

Duração: 30 min - Local: Essential Fitness & Spa

Duration: 30 min - Location: Essential Fitness & Spa

HIDROGINÁSTICA | AQUAEROBICS

Duração: 45 min - Local: Essential Fitness & Spa (aulas incluídas Pack Gold)

Duration: 45 min - Location: Essential Fitness & Spa (Pack Gold)

PILATES ESSENTIAL PUMP & BODY TONE

Local: Sala Lagos - Duração: 45 min (aulas incluídas Pack Gold)

Location: Lagos Room - Duration: 45 min (Pack Gold)

ESSENTIAL CARDIO DANCE CLASS

Local: Sala Lagos - Duração: 45 min (aulas incluídas Pack Gold)

Location: Lagos Room - Duration: 45 min (Pack Gold)

ABS & STRETCH

Local: Sala Lagos - Duração: 30 min (aulas incluídas Pack Gold)

Location: Sala Lagos - Duration 30 min (Pack Gold)

QI GONG

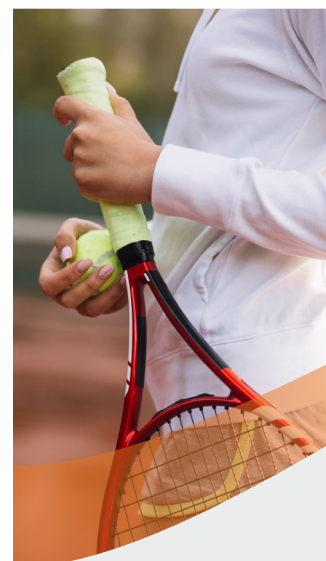
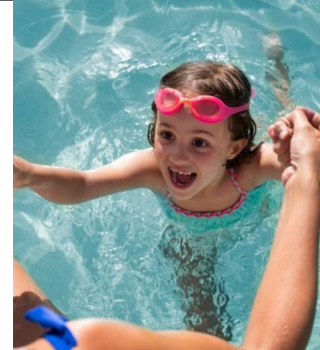
Local: Sala Lagos - Duração: 60 min (aulas incluídas Pack Gold)

Location: Sala Lagos - Duration 60 min (Pack Gold)

YOGA

Local: Sala Lagos - Duração: 90 min - Reservas: Noeline +351 963 614 499

Location: Sala Lagos - Duration: 90 min - Bookings: Noeline +351 963 614 499



ESSENTIAL
FITNESS & SPA

Boavista
Golf & Spa

+351 282 790 930

ESSENTIAL.RECEPTION@BOAVISTARESORT.PT

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ATIVIDADES
ACTIVITIES

PROGRAMA | PROGRAMME

AULAS GRUPO | GROUP CLASSES

SEGUNDA / MONDAY

TERÇA / TUESDAY

QUARTA / WEDNESDAY

QUINTA / THURSDAY

SEXTA / FRIDAY

08:10			BODY TONE* (45min)		BODY TONE* (45min)
09:00	ABS & STRECH* (30min)	PILATES* (45min)	ABS & STRECH* (30min)	PILATES* (45min)	ABS & STRECH* (30min)
09:30	HIDROGINÁSTICA AQUAEROBICS (45min)	HIDROGINÁSTICA AQUAEROBICS (45min)	HIDROGINÁSTICA AQUAEROBICS (45min)	HIDROGINÁSTICA AQUAEROBICS (45min)	
09:45			YOGA (90min)		
10:00	ESSENTIAL PUMP* (45min)	ESSENTIAL PUMP* (45min)		ESSENTIAL PUMP* (45min)	BODY & MIND* (45min)
11:00	ESSENTIAL CARDIO DANCE* (45min)	PILATES* (45min)		PILATES* (45min)	ESSENTIAL CARDIO DANCE* (45min)
11:30			QI GONG* (60min)		
12:30		HIDROGINÁSTICA AQUAEROBICS (45min)			HIDROGINÁSTICA AQUAEROBICS (45min)
17:00	QI GONG (60min)	PILATES* (45min)		PILATES* (45min)	

08:30 18:30	TENNIS COURTS*				
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* Aulas incluídas no PACK GOLD / * Included in the GOLD PACK