

VidaMar  
HOTELS & RESORTS  
★★★★★  
MADEIRA



	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:30		45' CYCLING			45' BODY PUMP		
9:30	45' TOTAL WORKOUT					60' YOGA	
10:00				30' HIIT	45' PILATES		
				45' CYCLING	45' HIDRO POWER		
10:15	30' DYNAMIC CORE		45' FITBALL				
10:30		45' SGA		45' HIDRO BURN			45' VIDA STRENGTH
		45' HIDRO BURN					45' BODY COMBAT
10:45				45' BODY BALANCE			
11:00	45' V. SÉNIOR A.					60' BODY ATTACK	45' CYCLING
						45' CYCLING	
11:15			45' V. SÉNIOR A.		45' V. SÉNIOR A.	45' HIDRO POWER	
						45' FITBALL	
11:30							45' BODY BALANCE
							30' HIIT
13:00	45' CYCLING				45' CYCLING		
16:00						45' SGA	
18:00			30' HIIT	30' DYNAMIC CORE	45' CYCLING		
18:15					45' TOTAL WORKOUT		
18:30	45' ZUMBA	45' PILATES	45' ZUMBA	45' VIDA MIND			
	30' D. CORE	45' FITBALL	45' HIDRO POWER	30' V.CIRCUIT			
	45' HIDRO BURN						
18:45			45' VIDA STRENGTH		45' PILATES		
19:00	45' CYCLING	45' CYCLING	45' CYCLING	45' CYCLING			
19:15				45' BODY ATTACK	45' ZUMBA		
19:30	45' BODY PUMP	45' YOGA	45' BODY BALANCE	45' BODY PUMP			
	45' SGA	45' BODY COMBAT					

**Desertas**  
Piso 4 . Torre 1  
Floor 4 . Tower 1

**Studio**  
Piso 1 . Torre 1  
Floor 1 . Tower 1

**Vida Health Club**  
Exterior, frente ao hotel  
Exterior, in front of the hotel

**Piscina Exterior**  
Outdoor Swimming Pool

- É obrigatório marcar as aulas de cycling.
- Este mapa de aulas encontra-se sujeito a alterações.
- Dispomos de várias facilidades, um centro de fitness, uma sala para exercício cardiovascular.
- A recepção do hotel fornece toalha para o ginásio.
- It is mandatory to book the cycling classes.
- Some changes may occur in the shedule.
- Our multi-facility club offers an equipped fitness centre, emphasizing on cardiovascular exercise and features extensive equipment ranging from rowers to computerized treadmills.
- The Hotel Front Desk provides towels for the Gym.