

Julho . July

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:15	45' VIDA STRENGTH	45' CYCLING	45' VIDA STRENGTH	45' CYCLING	45' GAP		
9:30						60' YOGA	
10:00	45' TOTAL WORKOUT	45' CYCLING		30' D. CORE	45' PILATES	45' V.CIRCUIT	
				45' CYCLING	45' HIDRO POWER		
10:15			45' FITBALL				
10:30		45' SGA		45' HIDRO BURN			45' VIDA STRENGTH
		45' HIDRO BURN		45' BODY BALANCE			30' HIIT
10:45							
11:00	45' V. SÉNIORA.					45' ZUMBA	45' CYCLING
						45' CYCLING	
11:15			45' V. SÉNIORA.		45' V. SÉNIORA.	45' AQUA ZUMBA	
11:30							45' PILATES
12:00						45' SGA	
13:00	45' CYCLING				45' CYCLING		
16:30	45' PILATES						
18:00			30' HIIT		45' CYCLING		
18:30	45' ZUMBA	45' PILATES	45' ZUMBA	45' V.CIRCUIT	45' TOTAL WORKOUT		
	30' V. BURN	45' FITBALL	45' HIDRO POWER				
18:30	45' HIDRO BURN						
18:45			45' VIDA STRENGTH		45' PILATES		
19:00	45' CYCLING	45' CYCLING	45' CYCLING	45' CYCLING			
19:15	45' VIDA STRENGTH						
19:30	45' SGA	45' YOGA	45' BODY BALANCE	45' GAP			
		45' V.CIRCUIT					

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
Plataforma Marítima
Sea Platform

- Aberto de segunda a sexta das 7h00 às 21h00. Sábado das 9h00 às 17h00 e domingo das 10h00 às 13h00.
- É obrigatório marcar as aulas de grupo.
- Dispomos de várias facilidades, um centro de fitness, uma sala para exercício cardiovascular.
- A receção do ginásio fornece toalha para o ginásio.

- Open everyday from Monday to Friday from 7am to 9pm. Saturday from 9am to 5pm and Sunday from 10am to 1pm.
- 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.