



Horário de aulas *Schedule Classes*

Segunda <i>Monday</i>	Terça <i>Tuesday</i>	Quarta <i>Wednesday</i>	Quinta <i>Thursday</i>	Sexta <i>Friday</i>	Sábado <i>Saturday</i>
08:30 – 09:30 (60' min) ABS ZEN STUDIO <i>Ivo Pereira</i>		08:00 – 09:00 (60' min) Mindfulness ZEN STUDIO <i>Ana Oliveira</i>		08:30 – 09:30 (60' min) ABS ZEN STUDIO <i>Ivo Pereira</i>	
	10:30-11:30 (60' min) Aqua Gym PISCINA INDOOR POOL <i>Hélène Oliveira</i>	10:30-11:30 (60' min) Circuit Training ZEN STUDIO <i>Hélène Oliveira</i>	10:30-11:30 (60' min) Aqua Gym PISCINA INDOOR POOL <i>Hélène Oliveira</i>		10:30-11:30 (60' min) Pilates ZEN STUDIO <i>Tiago Soromenho</i>
12:45-13:45 (60' min) Pilates ZEN STUDIO <i>Tiago Soromenho</i>	12:45-13:30 (45' min) Circuit Training ZEN STUDIO <i>Hélène Oliveira</i>	12:45-13:45 (60' min) Recharge ZEN STUDIO <i>Hélène Oliveira</i>	12:45-13:30 (45' min) Circuit Training ZEN STUDIO <i>Hélène Oliveira</i>	12:45-13:30 (45' min) Full Body Conditioning ZEN STUDIO <i>Tiago Soromenho</i>	
			19:00-20:00 (60' min) Pilates ZEN STUDIO <i>Tiago Soromenho</i>		

THE SPA reserva-se o direito de alterar o horário sem aviso prévio.
THE SPA reserves the right to modify the schedule without previous notice.

