

# EXPERIENCE PROGRAMME AUGUST



Hotel Tour

Mondays | 1<sup>st</sup>, 8<sup>th</sup> and 29<sup>th</sup> | 15h00

*maximum of 6 pax*

Meeting point | SPA Reception



Pilates

Tuesdays | 11h30

*maximum of 12 pax*

Meeting point | Gymnasium



Garden Tour

Tuesdays | 19<sup>th</sup> and 30<sup>th</sup> | 10h00

*maximum of 10 pax*

Meeting point | SPA Reception



Aqua Aerobics

Wednesdays and Sundays | 11h00

Fridays | 17h00

*maximum of 20 pax*

Meeting point | Eden Mar Indoor Pool



Portuguese Lesson

Thursday | 4<sup>th</sup> and 25<sup>th</sup> | 10h30

*maximum of 6 pax*

Meeting point | SPA Reception



Yoga

Saturdays | 11h00

*maximum of 12 pax*

Meeting point | Gymnasium

Please pre-book the activities at the SPA Reception (floor 0) until 19h00.

Changes in the programme might occur without prior notice.