

EXPERIENCE PROGRAMME AUGUST







Hotel Tour

Mondays I $1^{\rm st},\,8^{\rm th}$ and $29^{\rm th}I$ 15h00

maximum of 6 pax

Meeting point I SPA Reception

Pilates

Tuesdays | 11h30

maximum of 12 pax

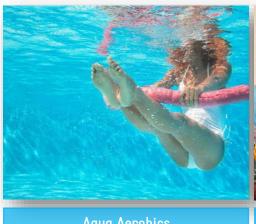
Meeting point I Gymnasium

Garden Tour

Tuesdays 19th and 30th 10h00

maximum of 10 pax

Meeting point I SPA Reception





Wednesdays and Sundays I 11h00

Fridays I 17h00

maximum of 20 pax

Meeting point I Eden Mar Indoor Pool



Portuguese Lesson

Thursday I4th and 25th I 10h30

maximum of 6 pax

Meeting point I SPA Reception



Yoga

Saturdays I 11h00

maximum of 12 pax

Meeting point I Gymnasium

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

Changes in the programme might occur without prior notice.