

EXPERIENCE PROGRAMME APRIL



Hotel Tour

Mondays - 15h00

maximum of 6 pax

Meeting point | SPA Reception



Pilates

Tuesdays - 11h30

maximum of 12 pax

Meeting point | Gymnasium



Garden Tour

Tuesdays 16th and 30th - 10h00

maximum of 10 pax

Meeting point | SPA Reception



Aqua Aerobics

Wednesdays and Fridays - 11h00

maximum of 24 pax

Meeting point | Eden Mar Indoor Pool



Portuguese Lesson

Thursday 11th and Tuesday 23rd - 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.