

EXPERIENCE PROGRAMME

MAY



Pilates

Tuesdays - 11h30

maximum of 12 pax

Meeting point | Gymnasium



Garden Tour

Tuesdays (except the 6th) - 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



*Kitchen Tour

*Thursdays (except the 1st) - 16h00 (in English)

maximum of 8 pax

Meeting point | SPA Reception



Portuguese Lesson

Fridays - 12h00

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.

* For the Kitchen Tour please pre-book at the Spa Reception until 18h00 the day before.