

Longevity

CEGONHA COUNTRY CLUB

VILAMOURA | ALGARVE



2017

LONGEVITY
VITALITY PLAN

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LONGEVITY VITALITY PLAN 2017 | Exemplo / *Sample*

PLANO DE ACTIVIDADES / *ACTIVITY PLAN*

2ª FEIRA MONDAY	3ª FEIRA TUESDAY	4ª FEIRA WEDNESDAY	5ª FEIRA THURSDAY	6ª FEIRA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
09:30 - 10:15 SUN SALUTATION	09:30 - 10:15 MORNING STRETCH	09:30 - 10:15 PILATES MAT	09:30 - 10:15 MORNING STRETCH	09:30 - 10:15 SUN SALUTATION	09:30 - 10:15 MORNING STRETCH	09:30 - 10:15 PILATES ON THE BALL
10:30 - 11:15 JUMP	10:30 - 11:15 LOCAL TONING	10:30 - 11:15 FITBALL	10:30 - 11:15 ZUMBA	10:30 - 11:15 JUMP	10:30 - 11:15 FITBALL	10:30 - 11:15 ZUMBA
11:30 - 12:15 TAI-CHI	11:30 - 12:15 PILATES ON THE BALL	11:30 - 12:15 POWER YOGA	11:30 - 12:15 MEDITATION	11:30 - 12:15 TAI-CHI	11:30 - 12:15 PILATES MAT	11:30 - 12:15 POWER YOGA
15:00 - 15:45 SELF MASSAGE WORKSHOP	15:00 - 15:45 DETOX JUICES WORKSHOP	15:00 - 15:45 FITNESS WORKSHOP	15:00 - 15:45 ORGANIC RED WINE TASTE	15:00 - 15:45 HEALTHY SOUP WORKSHOP	15:00 - 15:45 SKIN EVALUATION WORKSHOP	15:00 - 15:45 POSTURAL REBALANCE
16:00 - 16:45 CORE TRAINING	16:00 - 16:45 YOGA	16:00 - 16:45 CORE TRAINING	16:00 - 16:45 TONE & FIT	16:00 - 16:45 PILATES MAGIC CIRCLE	16:00 - 16:45 YOGA	16:00 - 16:45 TONE & FIT
17:00 - 18:30 BIKE TOUR	17:00 - 18:30 SUNSET WALK	17:00 - 17:45 JOGGING	17:00 - 18:30 SUNSET WALK	17:00 - 18:30 BIKE TOUR	17:00 - 17:45 JOGGING	17:00 - 18:30 SUNSET WALK
		21:30 MOVIE SESSION			21:30 MOVIE SESSION	

Idade mínima: 16 anos.

Todas as atividades são sujeitas a alterações sem aviso prévio.

Para garantir a sua participação sugerimos que reserve antecipadamente.

Minimum age: 16 years old.

All activities are subject to change without notice.

To guarantee your participation we advise you to book in advance.