

Longevity

CEGONHA COUNTRY CLUB

VILAMOURA | ALGARVE



2018

LONGEVITY
VITALITY PLAN

2ª FEIRA MONDAY	3ª FEIRA TUESDAY	4ª FEIRA WEDNESDAY	5ª FEIRA THURSDAY	6ª FEIRA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
10:00 - 10:45 YOGA (Peristaltic Movement)	09:30 - 12:00 BAIXA DE FARO* FARO DOWNTOWN* (lugares limitados / limited seats)	10:00 - 10:45 YOGA (Peristaltic Movement)	09:30 - 12:00 BAIXA DE ALBUFEIRA* ALBUFEIRA DOWNTOWN* (lugares limitados / limited seats)	09:30 - 10:45 CAMINHADA MORNING WALK	09:30 - 12:00 MERCADO DE LOULÉ* LOULÉ MARKET* (lugares limitados / limited seats)	09:30 - 10:00 MORNING STRETCH
11:00 - 11:45 YOGA (with meditation and relaxation)		11:00 - 11:45 YOGA (with meditation and relaxation)		11:00 - 11:50 YOGA		10:30 - 12:00 CAMINHADA WALK
12:00 - 12:50 CRYSTAL HEALING THERAPY WORKSHOP		12:00 - 12:50 ENERGY MEDICINE WORKSHOP				
15:00 - 15:45 PILATES	15:00 - 16:30 BIKE TOUR*	15:00 - 15:45 PILATES	15:00 - 15:50 YOGA (Peristaltic Movement)	15:00 - 15:45 BALANCE BOSU	15:00 - 15:45 PILATES	15:00 MOVIE SESSION
16:00 - 16:45 JUMP		16:00 - 16:45 BALANCE BOSU	16:00 - 16:50 YOGA (with meditation and relaxation)	16:00 - 16:45 PUMP	16:00 - 16:45 JUICES AND WATER DETOX WORKSHOP	16:00 - 16:45 TEAS AND INFUSIONS WORKSHOP
17:00 - 17:30 STRETCHING	17:00 - 17:30 PUMP	17:00 - 17:30 SHAPE IT	17:00 - 17:30 JUMP	17:00 - 17:30 STRETCHING	17:00 - 17:30 SHAPE IT	

* Reserva antecipada, apenas 9 lugares disponíveis.

Idade mínima: 16 anos.

Todas as atividades estão sujeitas a alterações, rotação e ajustes sazonais.
Para garantir a sua participação sugerimos que reserve antecipadamente.

* Advance booking, only 9 seats available.

Minimum age: 16 years old.

All activities are subject to change and rotation, as well as seasonal adjustments.
To guarantee your participation we advise you to book in advance.