

LONGEVITY

CEGONHA COUNTRY CLUB
VILAMOURA · ALGARVE

LONGEVITY VITALITY PLAN 2020 PLANO DE ACTIVIDADES LONGEVITY VITALITY 2020

2ª Feira Monday	3ª Feira Tuesday	4ª Feira Wednesday	5ª Feira Thursday	6ª Feira Friday	Sábado Saturday	Domingo Sunday
10:00 – 10:45 <i>Numerology Workshop</i>	10:00 – 10:45 <i>Walk / Caminhada**</i>	10:00 – 10:45 <i>Astrology Workshop</i>	10:00 – 11:30 <i>Walk / Caminhada**</i>	10:00 – 10:30 <i>Stretching / Alongamentos</i>	09:00 – 09:45 Yoga <i>(with relaxation and meditation)</i>	09:00 – 10:30 <i>Walk / Caminhada**</i>
11:00 – 11:45 <i>Crystal Healing Workshop</i>	11:00 – 11:45 Burn-it	11:00 – 11:45 Energy Medicine Workshop		11:00–11:45 Dance	10:00 – 13:00 <i>Loulé Market / Mercado de Loulé***</i> <i>(limited seateds / lugares limitados)</i>	11:00 – 11:30 <i>Stretching / Alongamentos</i>
12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>	12:00 – 12:45 Pilates	12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>	12:00 – 12:45 Pilates	12:00 – 12:45 Yoga <i>(with relaxation and meditation)</i>		12:00 – 12:30 GAP
15:00 – 15:45 Aerolocal	15:00 – 15:45 Dança	15:00 – 15:45 Aerolocal	15:00 – 15:45 Yoga <i>(with relaxation and meditation)</i>	15:00 – 15:45 Burn-it	15:00–16:30 <i>Walk / Caminhada**</i>	15:00 – 15:45 Dance
16:00–17:30 <i>Walk / Caminhada**</i>	16:00 – 16:30 Shape it	16:00 – 16:45 Pilates	16:00 – 16:30 <i>Stretching / Alongamentos</i>	16:00 – 16:30 GAP		16:00 – 16:45 Fitball
	17:00 – 17:30 <i>Stretching / Alongamentos</i>	17:00–17:45 <i>Walk / Caminhada**</i>		17:00–17:45 <i>Walk / Caminhada**</i>	17:00 – 17:45 Pilates	18:00 Movie

** **Meeting Point:** reception / **Ponto de encontro:** recepção

*** *Advance booking, only 8 seats available / Reserva antecipada, apenas 8 lugares disponíveis*
Please note that activities are subject to change and rotation, as well as seasonal adjustments.
Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais.