

LONGEVITY VITALY PLAN

2022 SAMPLE

LONGEVITY

CEGONHA COUNTRY CLUB
VILAMOURA · ALGARVE

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY
10h	Sound Therapy	Hatha Yoga	Cristal Healing Therapy	Energetic Healing	Power Walking	Hatha Yoga
11h	Energetic Healing	Guided Meditation		Astrology/Numerology Workshop	Localized Training	Active Meditation
11h30			Sound Therapy			
15h	GAP	Stretching	Yoga	Localized Training	Yoga	Power Walking
15h45		Dance				
16h	Pilates		Stretching	Pilates	Stretching	Freestyle Dance

Marcação Prévia Necessária | Previous Booking needed : Ext: Tel: | 289 300 850

Ponto de Encontro | Meeting Point: Receção | *Rececion*

Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais.

Please note that activities are subject to change and rotation, as well as seasonal adjustments.