

TIVOLI SHAPE

MARINA VILAMOURA



TIVOLI SHAPE CLASSES

TUESDAYS TERÇAS

Power Pilates & Relaxation	9:30 – 11:00
Flex Mobility	11:00 – 12:00
Hiit Cardio	15:00 – 16:00
Hatha Yoga	16:00 – 17:00
Pranayama	17:00 – 17:30
Fusion Pilates	18:00 – 19:00

THURSDAYS QUINTAS

Power Pilates & Relaxation	9:30 – 11:00
Flex Mobility	11:00 – 12:00
Booty & Abs	15:00 – 16:00
Hatha Yoga	16:00 – 17:00
Pranayama	17:00 – 17:30
Fusion Pilates	18:00 – 19:00

WEDNESDAYS QUARTAS

Vinyasa Yoga & Ice Tub Experience	8:30 – 10:00
Hatha Yoga	10:30 – 11:30
Booty & Abs	15:30 – 16:00
Pilates	16:00 – 17:00

FRIDAYS SEXTAS

Vinyasa Yoga & Ice Tub Experience	8:30 – 10:00
Fusion Pilates	10:30 – 11:30
Pranayama	15:00 – 16:00
Hatha Yoga	16:00 – 17:00

SATURDAYS SÁBADOS

Hatha Yoga	09:00 – 10:00
Vinyasa Yoga	11:00 – 12:00

€ 15 per session por sessão

*€ 30 per session por sessão

Subject to reservation at the Tivoli Shape reception Mediante reserva na receção do Tivoli Shape
Cancellations must be made before 19:00 of the day before the service, otherwise 25% of the total amount will be charged
Cancelamentos deverão ser efetuados até às 19:00 do dia anterior do serviço, caso contrário, será cobrado 25% do valor total

For futher Information & Reservations Para mais informação e Reserva

T. +351 289 303 771/772 E: wellness.marinavilamoura@tivoli-hotels.com

* Value applicable only for the classes valor aplicável apenas às aulas VINYĀSA Yoga & Ice Tub Experience

** Subject to change without prior notice Sujeito a alteração sem aviso prévio