



TIVOLI SHAPE

MARINA VILAMOURA

TIVOLI SHAPE CLASSES

APRIL - MAY ABRIL - MAIO

TUESDAYS TERÇAS

Hatha Yoga
Pilates
Flex Mobility
Gap (Booty, Abs And Legs)
Gentle Yoga
Power Pilates

08:30 - 09:30
09:45 - 10:45
11:00 - 12:00
15:00 - 15:45
16:00 - 17:00
18:00 - 19:00

THURSDAYS QUINTAS

Hatha Yoga
Pilates
Flex Mobility
Gap (Booty, Abs And Legs)
Gentle Yoga
Power Pilates

08:30 - 09:30
09:45 - 10:45
11:00 - 12:00
15:00 - 15:45
16:00 - 17:00
18:00 - 19:00

WEDNESDAYS QUARTAS

Hatha Yoga
Pilates
Flex Mobility
Gap (Booty, Abs And Legs)
Pilates

08:30 - 09:30
09:45 - 10:45
11:00 - 12:00
15:00 - 15:45
16:00 - 17:00

FRIDAYS SEXTAS

Hatha Yoga & Ice Tub Experience *
Pilates
Flex Mobility
Gap (Booty, Abs And Legs)
Gentle Yoga

08:30 - 10:00
10:00 - 11:00
11:00 - 12:00
15:00 - 15:45
16:00 - 17:00

SATURDAYS SÁBADOS

Hatha Yoga
Gentle Yoga

9:00 - 10:00
11:00 - 12:00

€ 15 per session por sessão

*€ 45 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 à aula, caso contrário, será cobrado 25% do valor total.

For further Information & Reservations Para mais informação e Reserva
E. wellness.marinavilamoura@tivoli-hotels.com T. (+351) 289 303 771