

TIVOLI SHAPE

MARINA VILAMOURA



TIVOLI SHAPE CLASSES

SEPTEMBER SETEMBRO • OCTOBER OUTUBRO

MONDAY SEGUNDA-FEIRA

Yogalates 11:00 - 12:00
Vinyasa Yoga 12:00 - 13:00

TUESDAY TERÇA-FEIRA

Hatha Yoga 08:30 - 09:30
Pilates 09:45 - 10:45
Flex & Mobility 11:00 - 12:00
GAP 16:00 - 17:00

WEDNESDAY QUARTA-FEIRA

Hatha Yoga 08:30 - 09:30
Pilates 09:45 - 10:45
Flex & Mobility 11:00 - 12:00
HIIT 16:00 - 17:00

THURSDAY QUINTA-FEIRA

Hatha Yoga 08:30 - 09:30
Pilates 09:45 - 10:45
Flex & Mobility 11:00 - 12:00
GAP 16:00 - 17:00

FRIDAY SEXTA-FEIRA

Hatha Yoga 08:30 - 09:30
Pilates 09:45 - 10:45
Flex & Mobility 11:00 - 12:00
HIIT 16:00 - 17:00

SATURDAY SÁBADO

Gentle Yoga 08:30 - 09:30
Pilates 09:45 - 10:45

SUNDAY DOMINGO

Pilates 11:00 - 12:00
Yin Yoga 12:00 - 13:00

€15 Per session Por sessão • €45 Yoga & Ice Tub Experience

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