

TIVOLI SHAPE

MARINA VILAMOURA



TIVOLI SHAPE CLASSES

NOVEMBER – DECEMBER NOVEMBRO – DEZEMBRO

TUESDAYS TERÇAS

Hatha Yoga	08:30 – 09:30
Pilates	09:45 – 10:45
Flex Mobility	11:00 – 12:00
Gap (Booty, Abs And Legs)	15:00 – 15:45
Gentle Yoga	16:00 – 17:00
Power Pilates	17:00 – 18:00

WEDNESDAYS QUARTAS

Hatha Yoga	08:30 – 09:30
Pilates	09:45 – 10:45
Flex Mobility	11:00 – 12:00
Gap (Booty, Abs And Legs)	15:00 – 15:45
Pilates	16:00 – 17:00

SATURDAYS SÁBADOS

Hatha Yoga
Gentle Yoga

THURSDAYS QUINTAS

Hatha Yoga	08:30 – 09:30
Pilates	09:45 – 10:45
Flex Mobility	11:00 – 12:00
Gap (Booty, Abs And Legs)	15:00 – 15:45
Gentle Yoga	16:00 – 17:00
Full Body Stretch	17:00 – 18:00

FRIDAYS SEXTAS

Hatha Yoga & Ice Tub Experience *	08:30 – 10:00
Pilates	10:00 – 11:00
Flex Mobility	11:00 – 12:00
Gap (Booty, Abs And Legs)	15:00 – 15:45
Gentle Yoga	16:00 – 17:00

08:30 – 09:30
10:30 – 11:30

€ 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