

TIVOLI SHAPE

MARINA VILAMOURA



TIVOLI SHAPE CLASSES

TUESDAYS TERÇAS

Vinyāsa Yoga & Ice Tub Experience*	8:30 – 9:30
GAP (Booty & Abs)	16:15 – 17:15
Classic Pilates	18:00 – 19:00

WEDNESDAYS QUARTAS

Fusion Pilates	9:30 – 11:00
Flex Mobility	11:00 – 12:00
Hatha Yoga & Pranayama	15:00 – 16:00
Circuit Training Workout	16:30 – 17:30

THURSDAYS QUINTAS

Fusion Pilates	9:30 – 11:00
Hatha Yoga	11:00 – 12:00
Tabata Plus	16:00 – 17:00
Circuit Training Workout	18:00 – 19:00

FRIDAYS SEXTAS

VINYĀSA Yoga & Ice Tub Experience*	8:30 – 9:30
Dynamic Stretch & Balance	16:00 – 17:00
Circuit Training Workout	18:00 – 19:00

SATURDAYS SÁBADOS

Yoga on the Beach**	8:30 – 9:30
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€ 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 further 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