

Longevity

CEGONHA COUNTRY CLUB

VILAMOURA | ALGARVE



2018

LONGEVITY
VITALITY PLAN

2ª FEIRA MONDAY	3ª FEIRA TUESDAY	4ª FEIRA WEDNESDAY	5ª FEIRA THURSDAY	6ª FEIRA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
09:00 - 09:50 YOGA (Peristaltic Movement)	09:00 - 09:45 MORNING STRETCH	09:00 - 09:50 YOGA	09:00 - 09:45 MORNING STRETCH	09:00 - 09:45 MORNING WALK	09:00 - 10:45 VISIT TO LOULÉ MAKET	
10:00 - 10:50 YOGA (with meditation and relaxation)	10:00 - 10:45 BOSU	10:00 - 11:30 BEACH WALK	10:00 - 10:45 BOSU	10:00 - 10:30 CIRCUIT TRAINING		10:00 - 11:30 BIKE TOUR*
11:00 - 11:45 PUMP	11:00 - 11:30 CIRCUIT TRAINING		11:00 - 11:45 PUMP	11:00 - 11:50 YOGA	11:00 - 11:45 PILATES	
15:00 - 15:45 PILATES	15:00 - 16:30 BIKE TOUR*	15:00 - 15:45 DANCE	15:00 - 15:50 YOGA (Peristaltic Movement)	15:00 - 15:45 TRX	15:00 - 15:45 FITBALL	15:00 - 15:45 BOSU
16:00 - 17:30 CAMINHADA / WALK		16:00 - 16:45 TRX	16:00 - 16:50 YOGA (with meditation and relaxation)	16:00 - 16:45 PILATES	16:00 - 16:45 JUICES AND WATER DETOX WORKSHOP	16:00 - 16:45 TEAS AND INFUSIONS WORKSHOP
	17:00 - 17:30 SHAPE IT	17:00 - 17:30 STRETCHING	17:00 - 17:30 SHAPE IT	17:00 - 17:30 STRETCHING	17:00 - 17:30 SHAPE IT	17:00 - 17:30 STRETCHING

Idade mínima: 16 anos.

Todas as atividades são sujeitas a alterações sem aviso prévio.

Para garantir a sua participação sugerimos que reserve antecipadamente.

Minimum age: 16 years old.

All activities are subject to change without notice.

To guarantee your participation we advise you to book in advance.