

Aulas de Grupo Semanais

Group Classes Program



SEGUNDA-FEIRA MONDAY	TERÇA-FEIRA TUESDAY	QUARTA-FEIRA WEDNESDAY	QUINTA-FEIRA THURSDAY	SEXTA-FEIRA FRIDAY
08:00 - 08:50 RISE & SHINE YOGA FLOW* 📍 ACTIVE Studio 20€	09:00 - 09:50 HYDRO PILATES <i>New</i> 📍 HC Hotel 10€	09:00 - 09:50 ACTIVE CYCLING* 📍 ACTIVE Studio 20€	09:00 - 09:50 CYCLE & CIRCUIT 📍 ACTIVE Studio 15€	09:00 - 09:50 CIRCUIT TRAINING 📍 ACTIVE Studio 15€
09:20 - 09:50 XPRESS CYCLING* 📍 ACTIVE Studio 12€	10:00 - 10:50 HATHA YOGA* 📍 ACTIVE Studio 20€	10:00 - 10:50 PILATES 📍 ACTIVE Studio 15€	10:00 - 10:50 HATHA YOGA* 📍 ACTIVE Studio 20€	10:00 - 10:50 PILATES 📍 ACTIVE Studio 15€
10:00 - 10:50 PILATES 📍 ACTIVE Studio 15€	11:00 - 11:50 PILATES 📍 ACTIVE Studio 15€	11:00 - 11:30 BOXING CIRCUIT 📍 ACTIVE Studio 12€	11:00 - 11:50 PILATES 📍 ACTIVE Studio 15€	11:00 - 11:30 BOXING CIRCUIT 📍 ACTIVE Studio 12€
11:00 - 11:30 BOXING CIRCUIT 📍 ACTIVE Studio 12€		17:30 - 18:20 CIRCUIT TRAINING 📍 ACTIVE Studio 15€	16:00 - 16:50 ACTIVE BALLET FIT* 📍 ACTIVE Studio 20€	
15:00 - 15:30 GYM INDUCTION 📍 HC Hotel Free			17:00 - 17:50 ACTIVE BALANCE TAI-CHI* 📍 ACTIVE Studio 20€	

*Aula de assinatura | *Signature Class

- FORÇA & CARDIO
STRENGTH & CARDIO
- CORPO & MENTE
BODY & MIND
- TONIFICAÇÃO
TONE
- DANÇA
DANCE
- ALONGAMENTOS
STRETCHING

É necessário pré-reserva até às 19:00 do dia anterior.
Pre-booking is required until 07:00pm the day before.

Mais informações e reservas | More info & bookings
Ext. 3033 / algarve@activebyserenity.com

Política de cancelamento: Em caso de não comparecimento ou cancelamento inferior a 12 horas reservamo-nos o direito de cobrar 100% do valor do serviço. Todos os preços em Euros (€).
Os preços podem ser alterados sem aviso prévio. IVA incluído à taxa legal em vigor. Cancellation Policy: In case of non-attendance or cancellation in advance equal or less than 12 hours we reserve
the right to charge 100% of the service value. All prices in Euros (€). Rate may be amended without prior notice. VAT included at legal rates applied.

Reserva já
Book Now

