



apollo sports

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:15	45' VIDA STRENGTH						
7:30		45' CYCLING			45' BODY PUMP		
9:30	30' TOTAL WORKOUT					60' YOGA	
10:00	30' DYNAMIC CORE			30' HIIT	45' PILATES	45' BODY PUMP	
				45' CYCLING	45' HIDRO POWER		
10:15			45' FITBALL				
10:30		45' SGA		45' HIDRO BURN			45' VIDA STRENGTH
		45' HIDRO BURN					30' HIIT
10:45				45' BODY BALANCE			
11:00	45' V. SÉNIORA.					60' BODY ATTACK	45' CYCLING
						45' CYCLING	
11:15			45' V. SÉNIORA.		45' V. SÉNIORA.	45' HIDRO POWER	
						45' FITBALL	
11:30							45' PILATES
13:00	45' CYCLING		45' V. MOBILITY		45' CYCLING		
18:15					45' TOTAL WORKOUT		
18:30	45' ZUMBA	45' PILATES	45' ZUMBA	45' VIDA MIND			
	45' V. BURN	45' FITBALL	45' HIDRO POWER	30' V. CIRCUIT			
	45' HIDRO BURN						
18:45			45' VIDA STRENGTH		45' PILATES		
19:00	45' CYCLING	45' CYCLING	45' CYCLING	45' CYCLING			
19:15					45' ZUMBA		
19:30	45' BODY PUMP	45' YOGA	45' BODY BALANCE	45' BODY PUMP			
	45' SGA	45' BODY ATTACK					

Desertas
Piso 4, Torre 1
Floor 4, Tower 1

Studio
Piso 1, Torre 1
Floor 1, Tower 1

Vida Health Club
Exterior, frente ao hotel
Exterior, in front of the hotel

Piscina Interior
Indoor Swimming Pool
Piso 1, Torre 2
Floor 1, Tower 2

- É obrigatório marcar as aulas de grupo.
- Este mapa de aulas encontra-se sujeito a alterações.
- Disponos de várias facilidades, um centro de fitness, uma sala para exercício cardiovascular.
- A receção do ginásio fornece toalha para o ginásio.

- It is mandatory to book the cycling classes.
- Some changes may occur in the schedule.
- Our multi-facility offers an equipped fitness centre, emphasizing on cardiovascular exercise and features extensive equipment ranging from rowers to computerized treadmills.
- The Vida Health Club reception provides towels for the Gym.