

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 ACTIVE PUMP ACTIVE Studio 20€	08:00 - 08:50 RISE & SHINE YOGA FLOW* ACTIVE Studio 20€	09:00 - 09:50 ACTIVE PUMP ACTIVE Studio 20€	09:00 - 09:50 PILATES ACTIVE Studio 15€
09:20 - 09:50 EXPRESS CYCLING ACTIVE Studio 15€	10:00 - 10:50 HATHA YOGA* ACTIVE Studio 20€	09:00 - 09:50 ACTIVE CYCLING* ACTIVE Studio 20€	10:00 - 10:50 HATHA YOGA* ACTIVE Studio 20€	10:00 - 10:30 BOXING CIRCUIT ACTIVE Studio 12€
10:00 - 10:50 PILATES ACTIVE Studio 15€	11:00 - 11:50 PILATES ACTIVE Studio 15€	10:00 - 10:50 PILATES ACTIVE Studio 15€	11:00 - 11:50 PILATES ACTIVE Studio 15€	11:00 - 11:30 HYDRO PILATES HC Hotel 12€
11:00 - 11:30 BOXING CIRCUIT ACTIVE Studio 12€	18:30 - 19:00 HIIT WORKOUT ACTIVE Studio 12€	11:00 - 11:30 BOXING CIRCUIT ACTIVE Studio 12€	18:30 - 19:00 BOXING CIRCUIT ACTIVE Studio 12€	
17:30 - 18:20 PILATES ACTIVE Studio 15€		17:30 - 18:20 CIRCUIT TRAINING ACTIVE Studio 15€		

*Aula de assinatura | *Signature Class

- **FORÇA & CARDIO**
STRENGTH & CARDIO
- **TONIFICAÇÃO**
TONE
- **CORPO & MENTE**
BODY & MIND

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 comparência 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.

  @activebyserenity

Reserva já
Book Now

