



Aulas de Fitness em Grupo Fitness Group Classes

SEGUNDA | MONDAY

— Pine Cliffs Goes Active - Hotel

- Explosão de abdominais 9h30-10h
Core Blast
- Pilates de Solo 10h-11h
Mat Pilates
- Yoga by Serenity 11h-12h

QUINTA | THURSDAY

— Pine Cliffs Goes Active - Hotel

- Treino militar na praia 8h-9h
Beach Boot camp
- Calorie Killer 9h-9h30
- Yoga by Serenity 10h-11h
- Ritmos Latinos 11h-12h
Latin Rhythms

TERÇA | TUESDAY

— Pine Cliffs Goes Active - Hotel

- Treino funcional 9h-10h
Functional training
- Yoga by Serenity 10h-11h
- Pilates de Solo 11h-12h
Mat Pilates

SEXTA | FRIDAY

— Pine Cliffs Goes Active - Hotel

- Circuito de Boxe Express 9h30-10h
Boxing Workout Express
- Pilates de Solo 10h-11h
Mat Pilates
- Yoga by Serenity 11h-12h

QUARTA | WEDNESDAY

— Pine Cliffs Goes Active - Hotel

- Explosão de abdominais 9h30-10h
Core Blast
- Pilates de solo 10h-11h
Mat Pilates
- Yoga by Serenity 11h-12h

SÁBADO | SATURDAY

— Pine Cliffs Goes Active - Hotel

- Treino Intervalado 9h-9h30
Interval Training
- Circuito de Boxe Express 9h30-10h
Boxing Workout Express
- Pilates de Solo 10h-11h
Mat Pilates

● Zen ● Tonificação | Tone ● Strength - Força | Cardio ● Dança | Dancing

15€ - Aulas de 60min | 60min Classes • 12€ - Aulas de 30min | 30min Classes