

PALACIO ESTORIL WEEKLY GROUP ACTIVITIES

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	Pilates (8:10) E3		HidroBike (08:15) P	Combat Fitness E3			
9:00	HidroBike (8:45) P Tone up Circuit RT	Yoga E3	Hidrobike (9:15) P Zumba Toning RT	Zumba RT Funct.Training 30'(9:30) E3	HidroBike P Pilates (9:15) E3		
10:00	Stretching 30' RT Fit-barre (10:15) E3 HidroTherapy (10:45) P	Pilates E3 Zumba (10:15) RT	Localized RT Pilates (10:15) E3 HidroTherapy (10:45) P	Pilates (10:15) E3	GAP RT Pilates (10:15) E3	Abs (10:30) gym	Yoga RT
11:00	Localized RT Pilates (11:15) E3	Pilates E3 HidroTherapy (11:15) P	Pilates (11:15) E3	HidroTherapy P Localized (11:15) E3	Stretching 30' E3 HidroTherapy (11:15) P	Pilates RT	
12:00	HidroGym P	Localized E3 HidroGym (12:15) P Krav Maga (12:30) RT	HidroGym P	Pilates (12:15) E3	Zumba E3		
13:00							
14:00							
15:00							
16:00	HidroTherapy P	HidroTherapy P	HidroTherapy P	HidroTherapy P	HidroTherapy P		
17:00		Postural Re-Education E3		Postural Re-Education E3			
18:00	Dance (18:15) HP	Combat Fitness E3	GAP 30' (18:15) E3	Pilates (18:15) RT			
19:00	HidroGym P GAP E3	HidroGym P	HidroBike (19.15) P	HidroGym P	HidroGym P Localized (19:15) E3		

HP Hotel Palácio | P Pool | E1 Studio 1 | E2 Studio 2 | E3 Studio 3 | RT Roof Top Studio

Classes are subject to change and may be reduced during holiday periods.

Ticket for any group class is mandatory – subject to availability – Price per group class: 30 € / person