<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td><strong>Yoga (Marina)</strong> 45 min</td>
<td>max.8</td>
<td><strong>5K Run with chef</strong></td>
<td><strong>Pilates (Odete)</strong> 45 min</td>
<td>max.8</td>
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<td>max.8</td>
</tr>
<tr>
<td>10:00</td>
<td><strong>Wine Library – 3rd floor</strong></td>
<td><strong>Wine Library – 3rd floor</strong></td>
<td><strong>Reception – 8th floor</strong></td>
<td><strong>Pilates (Odete)</strong> 45 min</td>
<td>max.8</td>
<td><strong>Wine Library – 3rd floor</strong></td>
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</tr>
<tr>
<td>11:00</td>
<td><strong>Vineyard walk</strong> 90 min</td>
<td>max.10</td>
<td><strong>Organic garden tour</strong> 30 min</td>
<td>max.10</td>
<td><strong>Discover Your Sleep Chronotype</strong> 30 min</td>
<td>max.4</td>
<td><strong>Alchemy Bar</strong> 30 min</td>
</tr>
<tr>
<td>15:00</td>
<td><strong>Spa Reception – 2nd floor</strong></td>
<td><strong>Spa Reception – 2nd floor</strong></td>
<td><strong>Activity Hut</strong></td>
<td><strong>Earth Lab – 3rd floor</strong></td>
<td><strong>Spa Reception – 2nd floor</strong></td>
<td><strong>Activity Hut</strong></td>
<td><strong>Spa Reception – 2nd floor</strong></td>
</tr>
<tr>
<td>16h</td>
<td><strong>Tibetan Singing Bowl Concert</strong> 30 min</td>
<td>max.6</td>
<td><strong>Functional Training</strong> 30 min</td>
<td>max.6</td>
<td><strong>Tile Painting</strong> 60 min</td>
<td>max.4</td>
<td><strong>Spa Reception – 2nd floor</strong></td>
</tr>
<tr>
<td>17:00</td>
<td><strong>Workshop: Pickles, Yogurts &amp; Sprouts</strong> 60 min</td>
<td>max.4</td>
<td><strong>Zumba</strong> (On-demand) 30 min</td>
<td>max.4</td>
<td><strong>Workshop: Kokedama</strong> 60 min</td>
<td>max.4</td>
<td><strong>Workflow: Shrubs, tonics &amp; teas</strong> 60 min</td>
</tr>
<tr>
<td><strong>18:30</strong></td>
<td><strong>Wine Tasting</strong></td>
<td>45€ p.p.</td>
<td><strong>Activity Hut</strong></td>
<td><strong>Spa Reception – 2nd floor</strong></td>
<td><strong>Earth Lab – 3rd floor</strong></td>
<td><strong>Spa Reception – 2nd floor</strong></td>
<td><strong>Lounge Bar – 3rd floor</strong></td>
</tr>
</tbody>
</table>

**ALL BOOKINGS MUST BE DONE BY 8PM PREVIOUS DAY**

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**Activity Sheet**

6th - 12th December

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*Wine Tasting | 45€ p.p.*

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*Wine Library – 3rd floor*
**Food & Beverages**

*Every day*

- 12h30 Cooking classes | 120.00€ p.p. | Wines included
- Picnic | Price setting after selection
- 16h00 Workshop Fermented Beverages | 35€ p.p.
- 20h00 Chef’s Table | 250€ p.p. | Max 2

*Everyday*

- 19:00 – 22:30h Vale Abraão

*Monday, Tuesday, Friday & Saturday*

- 19:30 - 22:30h Wine Library

*Sunday*

- 12h30 Brunch

**Cinema**

*Friday & Saturday*

- 21h30 – Cinema (3rd floor)

**Live Music**

*Friday*

- 18h – 22h

*Saturday*

- 19h – 23h

*Sunday*

- 12h30 – 15h

**Six Senses Specials**

*Sunday*

- 11h00 Historical Garden Tour

  90 min. | Meet: Reception

  (15€ p.p. the value goes to Sustainability Fund of the hotel)

**Daily Virtual Fitness Classes**

Dance, combat, Pilates & other classes available...

See the classes schedule in the gym or through Six Senses app

**Info:** Spa Reception ex: 3081