



ACTIVITY SHEET

6TH - 12TH DECEMBER



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Yoga (Marina) 45 min max.8	Yoga (Marina) 45 min max.8	5K Run with chef	Pilates (Odete) 45 min max.8	5K Run with chef	Pilates (Odete) 45 min max.8	Pilates (Odete) 45 min max.8
📍	Wine Library - 3 rd floor	Wine Library - 3 rd floor	Reception - 8 th floor	Wine Library - 3 rd floor	Reception - 8 th floor	Wine Library - 3 rd floor	Wine Library - 3 rd floor
10:00	Vineyard walk 90 min max.10	10:30 - Walk & Taste to Port Knox 2h30 min.2 70€ p.p.	Organic garden tour 30 min max.10	10:30 - Walk & Taste to Port Knox 2h30 min.2 70€ p.p.	Vineyard walk 90 min max.10	Samodães Hike 49€ p.p. 2h30 min. 2	Forest walk 45 min max.10
📍	Reception - 8 th floor	Reception - 8 th floor	Earth Lab - 3 rd floor	Reception - 8 th floor	Reception - 8 th floor	Reception - 8 th floor	Reception - 8 th floor
11:00	Alchemy Bar 30 min max.4	Tree Climbing (Mestre) 90 min Min:2 - Max.6	HIIT Training 30 min max.6	Discover Your Sleep Chronotype 30 min max.4	Alchemy Bar 30 min max.4	Creative Ceramic Decorations 60 min max.4	Tree Climbing (Mestre) 65€ p.p. 90 min Min:2 - max.6
📍	Spa Reception - 2 nd	Reception - 8 th floor	Spa Reception - 2 nd	Spa Reception - 2 nd	Spa Reception - 2 nd	Activity Hut	Reception - 8 th floor
15:00	16h - Tibetan Singing Bowl Concert 30 min max.6	Funtional Training 30 min max.6	16h - Tibetan Singing Bowl Concert 30 min max.6	Tile Painting 60 min max.4	Workshop: Pickles, Yogurts & Sprouts 60 min max.4	Downhill Mountain Biking (Easy) 90 min Min:2 - max.6	Organic garden tour 30 min max.10
📍	Spa Reception - 2 nd	Spa Reception - 2 nd	Spa Reception - 2 nd	Activity Hut	Earth Lab - 3 rd floor	Reception - 8 th floor	Earth Lab - 3 rd floor
17:00	Workshop: Pickles, Yogurts & Sprouts 60 min max.4	Zumba (On-demand) 30 min max.6	Art & Nature 60 min max.4	Workshop: Kokedama 60 min max.4	Circuit Training 30 min max.6	Workshop: Kokedama 60 min max.4	Workshop Shrubs, tonics & teas 60 min max.5
📍	Earth Lab - 3 rd floor	Spa Reception - 2 nd	Activity Hut	Earth Lab - 3 rd floor	Spa Reception - 2 nd	Earth Lab - 3 rd floor	Lounge Bar - 3 rd floor
18:30	Wine Tasting 45€ p.p.	18h Managers Cocktail Wine Tasting 45€ p.p.	Wine Tasting 45€ p.p.		18h Managers Cocktail Wine Tasting 45€ p.p.	Wine Tasting 45€ p.p.	
📍				Wine Library - 3 rd floor			

ALL BOOKINGS MUST BE DONE BY 8PM
PREVIOUS DAY



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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 (3^o 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
EXT: 3081

