

# EXPERIENCE PROGRAMME OCTOBER



Pilates

Tuesdays - 11h30

*maximum of 12 pax*

Meeting point | Gymnasium



Portuguese Lesson

Tuesday 1<sup>st</sup> and 15<sup>th</sup> - 11h00

*maximum of 6 pax*

Meeting point | SPA Reception



Aqua Aerobics

Wednesdays and Fridays - 11h00

*maximum of 24 pax*

Meeting point | Eden Mar Indoor Pool

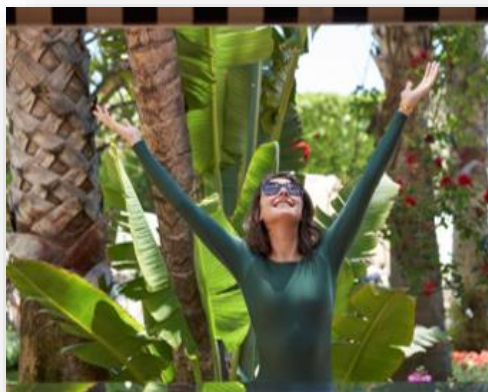


\*Kitchen Tour

\*Thursdays (except the 31<sup>st</sup>) - 16h00 (in English and in German)

*maximum of 8 pax for each language*

Meeting point | SPA Reception



Garden Tour

Tuesday 8<sup>th</sup> and 22<sup>nd</sup> - 10h00

*maximum of 10 pax*

Meeting point | SPA Reception



Yoga

Saturdays (except the 5<sup>th</sup>) - 11h00  
Thursday 3<sup>rd</sup> - 11h00

*maximum of 12 pax*

Meeting point | Gymnasium

Please pre-book the activities at the SPA Reception (floor 0) until 19h00.

Changes in the programme might occur without prior notice.

\* For the Kitchen Tour please pre-book at the Spa Reception until 18h00 the day before.