

# EXPERIENCE PROGRAMME APRIL



Pilates

Tuesdays - 11h30

*maximum of 12 pax*

Meeting point | Gymnasium



Garden Tour

Tuesdays (except the 29<sup>th</sup>) - 10h00

*maximum of 10 pax*

Meeting point | SPA Reception



Aqua Aerobics

Wednesdays and Fridays - 11h00

*maximum of 24 pax*

Meeting point | Eden Mar Indoor Pool



\*Kitchen Tour

\*Thursdays - 16h00 (in English and in German)

*maximum of 8 pax for each language*

Meeting point | SPA Reception



Portuguese Lesson

Fridays 4<sup>th</sup> and 11<sup>th</sup> - 12h00

Saturdays 19<sup>th</sup> and 26<sup>th</sup> - 12h00

*maximum of 6 pax*

Meeting point | SPA Reception



Yoga

Saturdays - 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.