

Activity Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10h30 Therapeutic Movement 11h30 Simplistic Mobility 15h00 Cardio Power 16h00 STEP	9:30 Walk 10h30 Guided Meditation 15h00 Core training 16h00 Cross training	11h30 HIIT 12h30 Bootcamp 16h00 Body Flow&Free 17h00 AquaPilates	10h30 Therapeutic Movement 11h30 Essential Breath 14h30 Tabata Sweat Fest 15h30 Tabata Sweat Fest	11h30 Cross training 12h30 F-abs Fridays 15h00 Pilates 16h00 Body Flow&Free	9:30 Yoga 10h30 Sound Healing	16h00 Stretch and Align 17h00 Walk

Price per session 20€

Previous booking needed

Activities are subject to change

Booking:

Extension - 17256

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