

Sample Vitality Plan 2025

Monday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Balance & Strength

● 19:30 • 20:30
Stretching

Tuesday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Wellness Yoga

● 19:30 • 20:30
Flow Motion

Wednesday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Balance & Strength

● 19:30 • 20:30
Stretching

Thursday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Stretching

● 19:30 • 20:30
Sunset Pranayama

Friday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Balance & Strength

● 19:30 • 20:30
Wellness Yoga

Saturday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Wellness Yoga

● 19:30 • 20:30
Flow Motion

Sunday

● 07:30 • 08:30
Powerful Walk to Guincho

● 09:30 • 10:30
Stretching

● 19:30 • 20:30
Sunset Pranayama

Por favor note que as atividades estão sujeitas a alterações, rotação e ajustes sazonais.
Please note that activities are subject to change and rotation, as well as seasonal adjustments.

