



Pine Cliffs  
Goes Active

## Aulas de Fitness em Grupo Fitness Group Classes

12€ por aula | per class

**Segunda  
Monday**

Circuito de Boxe Boxing Circuit 9h-10h  
Pilates 10h-11h

**Terça  
Tuesday**

Yoga 10h-11h

**Quarta  
Wednesday**

\*Hydrobike 8h30-9h30  
Pilates 10h-11h  
Concerto Meditativo 17h30-18h30  
Healing Sound Journey

**Quinta  
Thursday**

HIT Pilates 9h-10h  
Yoga 10h-11h

**Sexta  
Friday**

Concerto Meditativo 9h-10h  
Healing Sound Journey  
Circuito de Boxe Boxing Workout 10h-11h

**Sábado  
Saturday**

\*Hydrobike 8h30-9h30  
Yoga 10h-11h

**Domingo  
Sunday**

Pilates 10h-11h

\* Necessário pré-reserva.  
Pre-booking is required.

Health Club – Ext. 3033/1360