

MONTAG

07:30 - 09:00 Levada Jogging, Walking - Anmeldung & Treffpunkt Rezeption Galosol (€1/ person)
09:30 - 10:15 Wassergymnastik - Onda Revital Club *
09:30 - 10:00 Cx-worx - Onda Revital Club*
10:00 - 11:00 Body Balance - Onda Revital Club*
18:00 - 20:30 Abendessen Buffet - Restaurant Ondamar
18:10 - 19:00 Body Pump - Onda Revital Club *
19:00 - 20:00 Spinning - Onda Revital Club *
20:00 - 20:30 GRIT - Onda Revital Club*
20:00 - 00:00 "Poncha" Abend - Bar Capoeira
20:30 Live Musik mit The Jokers - Bar Capoeira

DIENSTAG

09:45 - 10:30 Body Pump - Onda Revital Club*
10:30 - 11:30 Zumba Onda Revital Club*
15:30 Kreativschmuckkursus - bei Beate Holland - Anmeldung bei der Rezeption
15:45 - 16:45 Hotelrundgang - Treffpunkt: Rezeption Galosol
18:00 - 18:45 Power Jump - Onda Revital Club *
18:45 - 19:30 Sh'bam - Onda Revital Club *
18:45 - 19:30 Box Training - Onda Revital Club *
19:30 - 20:15 Stretching - Onda Revital Club *
19:30 - 20:00 Cx- Worx - Onda Revital Club*
20:30 DVD Madeira - Bar Capoeira

MITTWOCH

07:30 - 09:00 Levada Jogging, Walking - Anmeldung & Treffpunkt Rezeption Galosol (€1/ Person)
09:30 - 10:15 BBP - Onda Revital Club *
10:15 - 11:15 Rückengymnastik - Onda Revital Club
12:30 - 13:00 Cx-Worx - Onda Revital Club*
17:30 - 18:30 Qi gong - Refugio dos Sonhos - Alpino Atlântico: 10€ p.p.
18:25 - 19:15 Body Pump - Onda Revital Club
18:00 - 20:30 Lebendiges Handwerk Vorstellung - Vorn Ondamar
19:15 - 20:15 Funktionskreis - Onda Revital Club
20:00 - 00:00 "Caipirinha Abend" - Capoeira Bar
20:00 - 20:45 Wassergymnastik - Onda Revital Club*
20:15 - 21:00 Cycling - Onda Revital Club*

DONNERSTAG

07:15 - 8:15 Cycling - Onda Revital Club
09:30 - 10:00 Cx-worx - Onda Revital Club
10:00 - 10:45 Box Training - Onda Revital Club
15:45 Hotelrundgang - Treffpunkt: Rezeption Galosol mit angeschlossenen Willkommenscocktail
16:45 Zumba - Onda Revital Club
18:15 - 19:00 Yoga - Onda Revital Club
19:30 - 21:00 Manta Diving Show - Bar Capoeira
20:00 Body Balance - Onda Revital Club
20:15 - 21:15

FREITAG

07:30 - 09:00 Levada Jogging, Walking - Anmeldung & Treffpunkt Rezeption Galosol (€1/ Person)
09:30 - 10:15 Wassergymnastik - Onda Revital Club *
09:45 - 10:30 Pilates - Onda Revital Club *
10:45 - 11:45 Cycling - Onda Revital Club*
17:30 - 18:30 Qi gong - Refugio dos Sonhos - Alpino Atlântico: 10€ p.p.
18:30 - 21:00 Schmuck/ Bilderausstellung - vorn Ondamar Restaurant
18:15 - 19:00 Power Jump - Onda Revital Club*
20:30 Live Musik mit Spot the Difference - Capoeira Bar

SAMSTAG

09:30 - 10:15 BBP - Onda Revital Club *
10:15 - 11:00 Sh'Bam - Onda Revital Club*
12:00 - 22:00 Atlantis - Fischrestaurant à la carte
16:00 Mannschaftsspiele - Onda Revital Club*
16:30 - 17:30 Stretching Global Active - Onda Revital Club*
17:30 - 18:30 Cycling - Onda Revital Club*
18:30 - 19:30 Pilates - Onda Revital Club*
20:30 Live Musik mit Duo Aliança - Capoeira Bar

SONNTAG

09:00 - 15:45 Carris Sightseeing Tour "Hop On Hop Off" 15 € - Rezeption Galosol
10:00 - 12:00 Wanderung zum Cristo Rei - Rezeption Galosol
12:00 - 22:00 Atlantis - Fischrestaurant à la carte
17:00 Ayurveda Vortrag von Doktor Gupal - Bar Ondamar
12:00 - 22:00 Pizzeria Galosol
19:45 Portugal x Servia Fussball Spiel - Capoeira Bar