

SEGUNDA A SEXTA  
MONDAY TO FRIDAY

7:00-22:00

SÁBADO  
SATURDAY

9:00-18:00

DOMINGOS  
& FERIADOS  
SUNDAYS & HOLIDAYS

10:00-16:00

# AULAS DE GRUPO GROUP LESSONS

MARÇO | MARCH



**VIDA Health Club**  
VidaMar Resort Hotel Madeira

(+351) 291 717 700 ( exterior . external )  
42 ( interior . internal )



	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:15		45' CYCLING**		45' CYCLING**			
9:00						75' YOGA	
9:30	30' FITBALL						
10:00	30' TOTAL WORKOUT	45' HIDRO BURN	45' CYCLING*	30' HIIT	45' PILATES	45' ZUMBA	
				45' HIDRO BURN	45' HIDRO POWER		
10:30		45' SGA		45' BODY BALANCE			
10:45			45' DYNAMIC CORE				45' BODY COMBAT
11:00						45' CYCLING*	45' CYCLING*
						45' FITBALL	
						60' BODY ATTACK	
11:15						45' HIDRO POWER	
11:30							30' HIIT
11:45							45' BODY BALANCE
13:00	45' CYCLING*	45' CYCLING*	45' BODY PUMP	45' CYCLING*	45' CYCLING*		
	45' VIDA STRENGTH						
16:00						45' VIDA CIRCUIT	
17:00						45' SGA	
17:30	45' VIDA CIRCUIT						
18:00			30' HIIT	45' VIDA MIND			

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
18:30	30' VIDA BURN	45' FITBALL	30' BOSU 18:35	45' BODY ATTACK	45' TOTAL WORKOUT		
	45' ZUMBA 18:40	45' PILATES*	45' ZUMBA 18:40	30' DYNAMIC CORE - 18:45	45' VIDA DANCE		
19:00	45' HIDRO BURN		45' HIDRO POWER				
19:15	45' BODY PUMP	30' CYCLING* EXPRESS	45' VIDA STRENGTH	45' CYCLING*	30' CYCLING* EXPRESS		
	45' CYCLING*		45' CYCLING*				
19:30	45' BODY * BALANCE	60' YOGA	45' BODY* BALANCE	45' PILATES* com BOLA	45' BODY COMBAT		
		60' BODY COMBAT		45' BODY PUMP	45' SGA*		

#### Studio Room

Situado: Piso 1, Torre 1  
Located: Floor 1, Tower 1

#### Desertas Room

Situado: Piso 4, Torre 1  
Located: Floor 4, Tower 1

#### Vida Health Club

Situado: Exterior, frente ao hotel  
Located: Exterior, in front of the hotel

#### Pool

Situado: Piso 1, Torre 2  
Located: Floor 1, Tower 2

**\* É necessário solicitar senha, 30 minutos antes da aula.**

\* Reserve your place, 30 minutes before the class start time.

**\*\* Aula das 07h15, senha disponível 15 minutos antes.**

\*\* Cycling class 07h15 am, book your place 15 minutes ahead.

#### Vida Health Club

Dispomos de várias facilidades, um centro de fitness, uma sala para exercício cardiovascular. A receção do hotel fornece toalha para o ginásio.

Our multi-facility club offers an equipped fitness centre, emphasizing on cardiovascular exercise and features extensive equipment ranging from rowers to computerized treadmills. The Hotel Front Desk provides towels for the Gym.

Favor contatar | Please contact the

**VIDA Health Club: 7759**