

# SAYANNA

WELLNESS & SPA

## EPIC VITAL

SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
11:00 Pilates <i>45min.</i>	11:00 Stretching & Mobility <i>45min.</i>	11:00 Yoga <i>45min.</i>	11:00 Zumba <i>45min.</i>	11:00 Cycling <i>45min.</i>	11:00 Yoga <i>30min.</i>	
18:00 Cycling & Abs <i>45min.</i>	18:00 Tabata <i>45min.</i>	18:00 Cycling <i>45min.</i>	18:00 Circuit Training <i>45min.</i>	18:00 HIIT <i>45min.</i>		

**Marcação na receção do Sayanna Wellness SPA.**  
Advance booking at Sayanna Wellness SPA reception.