

# LONGEVITY

CEGONHA COUNTRY CLUB  
VILAMOURA · ALGARVE

## LONGEVITY VITALITY PLAN 2022

### EXEMPLO / SAMPLE

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
08:15	CAMINHADA WALK	YOGA	BALANCE	ALONGAMENTOS STRETCHING	YOGA	CAMINHADA WALK	
10:00	WORKSHOP DE NUMEROLOGIA NUMEROLOGY WORKSHOP	ALONGAMENTOS STRETCHING		YOGA	WORKSHOP DE ASTROLOGIA ASTROLOGY WORKSHOP		PETANCA
11:30	CURA DE CRISTAIS CRYSTAL HEALING	TERAPIA DO SOM SOUND THERAPY	CARDIO	DANÇA DANCE	WORKSHOP DE MEDICINA ENERGÉTICA ENERGETIC MEDICINE WORKSHOP	BINGO	WORKSHOP DE COMIDA SAUDÁVEL HEALTHY EATING WORKSHOP
14:00		WORKSHOP DE OSTEOPATIA OSTEOPATHY WORKSHOP	YOGA	PILATES		BALANCE	
16:00	FITNESS WORKSHOP		DANÇA DANCE	CINEMA	CARDIO	WORKSHOP DE NUTRIÇÃO NUTRITION WORKSHOP	CINEMA

NOTA: POR FAVOR NOTE QUE AS ATIVIDADES ESTÃO SUJEITAS A ALTERAÇÕES, ROTAÇÃO E AJUSTES SAZONAIS.  
NOTE: PLEASE NOTE THAT ACTIVITIES ARE SUBJECT TO CHANGE AND ROTATION, AS WELL AS SEASONAL ADJUSTMENTS.