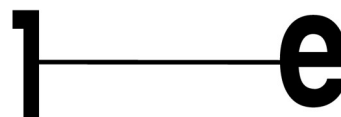
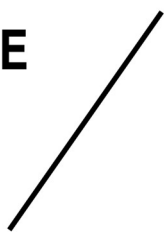


**The PR1ME
Energize**

Monte
Gordo



#beactive

- ENERGIZE ACTIVITIES -

DAY	HOUR	ACTIVITY	DURATION	PLACE	CAPACITY
MONDAY	9:30	Stretching	45 min.	Energize Gym	8
TUESDAY	11:30	Hidrogymnastic	45 min.	Energize Spa	8
WEDNESDAY	9:30	Pilates	1 hour	Energize Gym	8
THURSDAY	9:30	Walking	1 hour	Outdoors	15
FRIDAY	9:30	Specific Training	30 min.	Energize Gym	8
SATURDAY	9:30	Running	1 hour	Outdoors	15
SUNDAY	9:00	Yoga	1 hour	Rooftop / Energize Gym	8

These activities are free for our guests.

NOTE: Subject to pre-reservation, until 9 pm the previous day.
We reserve the right not to administer the activity if there are no reservations.