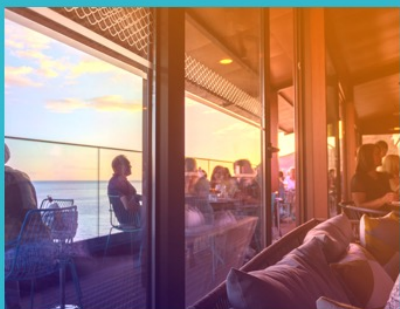


# WEEKLY PROGRAM 09<sup>th</sup> MARCH – 15<sup>th</sup> MARCH

EN



## LIVE MUSIC

every evening from  
Wednesday to Saturday  
Capoeira Lounge -2 Lido

### MONDAY



07:30-09:00	GALOSOL RECEPTION
Levada Jogging-Walking	€
15:00 – 17:30 (Everyday)	POOL BAR GALOSOL
Sweet Happy Hour - coffee & homemade cakes	
17:30	GALOSOL -3 GALO ACTIVE
CX Worx- Book at Galo Active	PT/EN
18:10	GALOSOL -3 GALO ACTIVE
Body Pump - Book at Galo Active	PT/EN
21:00	SALA DESERTAS
Full Moon Yoga - Book at Reception	€

### TUESDAY



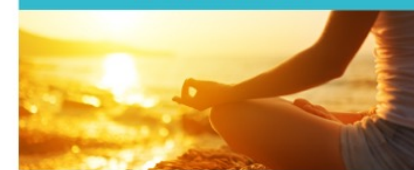
07:30-08:30	GALOSOL RECEPTION
Yoga - Book at Reception	€
15:45 - 16:45	GALOSOL RECEPTION
Hotel Tour with welcome cocktail	
17:00 – 18:00 (Everyday)	CAPOEIRA LOUNGE
Happy Hour – Cocktails & Soft Drinks*	
18:00	GALOSOL -3 GALO ACTIVE
Power Jump - Book at Galo Active	PT/EN
20:00	CAPOEIRA LOUNGE
Poncha Night	

### WEDNESDAY



07:30-09:00	GALOSOL RECEPTION
Levada Jogging-Walking	€
15:00 – 17:30 (Everyday)	POOL BAR GALOSOL
Sweet Happy Hour - coffee & homemade cakes	
17:00	CAPOEIRA LOUNGE
Guests cocktail with the hotel management	ALPINO ATLÂNTICO
20:30	CAPOEIRA LOUNGE
Live Music: Rock@Duo	

### THURSDAY



07:30-08:30	GALOSOL RECEPTION
Yoga - Book at Reception	€
07:30	GALOSOL -3 GALO ACTIVE
Cycling- Book at Galo Active	PT/EN
15:45 - 16:45	GALOSOL RECEPTION
Hotel Tour with welcome cocktail	
20:00 – 00:00	CAPOEIRA LOUNGE
Mojito Night	
20:30	CAPOEIRA LOUNGE
Live Music: Jokers Duo	

### FRIDAY



07:30-09:00	GALOSOL RECEPTION
Levada Jogging-Walking	€
09:45	GALOSOL -3 GALO ACTIVE
Aquagym - Book at Galo Active	PT/EN
10:00-11:00	BOOK RECEPTION *MAX 15P
Hotel round : All about our sustainability	
20:30	CAPOEIRA LOUNGE
Live Music: Spot the Difference	

### SATURDAY



09:00-21:00	GALO ACTIVE
Fitness, Sauna, Indoor Pool	
14:00	Ayurveda Workshop
19:30 – 20:30	Capoeira Lounge
Madeira Wine Tasting - Book at Reception	€
20:30	CAPOEIRA LOUNGE
Live Music: Smooth Jazz & Bossa Nova	

### SUNDAY



09:00-21:00	GALO ACTIVE
Fitness, Sauna, Indoor Pool	
09:00-19:00	GALOMAR FLOOR 0
Let yourself be pampered at the AshokaSpa	
10:30-12:30   14:30 – 17:00	CAPOEIRA LOUNGE
Sweet Happy Hour - coffee & homemade cakes	
19:00-19:30	GALOSOL RECEPTION
Meditation - Book at Reception	€

\* Included drinks: Please ask our Bartender.

Note: All the activities are exclusive for our Galo Resort Hotels Guests

#### RESTAURANTS & BARS

PIZZERIA GALOSOL  
ONDAMAR RESTAURANT  
RESTAURANTE ATLANTIS  
CAPOEIRA LOUNGE  
POOL BAR

BOOK! DIAL 9

#### GYM

GALO ACTIVE

DIAL 5523

#### SPA

ASHOKA SPA

DIAL 5532

#### ACTIVITIES PARTNERS

MANTA DIVING MADEIRA (+351) 291 935 588  
LOKOLOKO - OUTDOOR ACTIVITIES (+351) 291 939 191  
WANDERN MIT RITCHIE & BARBARA - HIKING (+351) 915 693 205  
ONDA CLÁSSICA - OLDTIMERS (+351) 961 314 005  
AYURVEDIC CURE CENTER (+351) 913 506 121 or DIAL 5558

Ayurveda	Beach Activities	Activities in Nature
Live Music/ Show	Kids	Food & Drinks
Sports/ Gym	Mind, Body & Soul	Guest Relations

- € Extra Charge, please contact the reception. Booking one day in advance is required
- € Commitment Value 1,00€ < 5,00€ - please contact the reception staff



GUEST RELATIONS  
**Nicole Fettel**

WhatsApp

(+351) 918 827 521  
09:00-18:00

