

**SENTIDO**  
GALOSOL | GALOMAR

**WEEK SPECIAL**


16 DEZ DEC 20:30 8:30pm | **CAPOEIRA LOUNGE BAR**

**PROVA DE LICORES TRADICIONAIS  
CHRISTMAS LIQUOR TASTING  
WEIHNACHTSSCHNAPSVERKOSTUNG**

Inscrições na recepção: | Sign up at the reception: | Anmeldung an der Rezeption: Sentido Galosol




## MONDAY




10:30	GALO ACTIVE	Pilates – Sign up at Reception	€
13:00 – 17:00	LOKOLOKO	Canyoning Level 1 – Book at Lokoloko	€
17:00 – 18:00	CAPOEIRA LOUNGE	Happy Hour – Cocktail of the day & Soft Drinks*	
18:00	GALO ACTIVE	Zumba – Sign up at Reception	PT/EN
20:00-22:00	CAPOEIRA LOUNGE	Live Music: Live Brisk (Sérgio Pão)	

## TUESDAY




07:30-08:30	INFOS RECEPTION	Sunrise Yoga – Book at Reception	€
11:00-18:00	GALOMAR FLOOR 0	Let yourself be pampered at the Ashoka Spa	
17:00	GALO ACTIVE	Cycling– Sign up at Reception	PT/EN
17:00 – 18:00	CAPOEIRA LOUNGE	Happy Hour – Cocktail of the day & Soft Drinks*	
19:00	GALO ACTIVE	Sh'bam– Sign up at Reception	PT/EN

## WEDNESDAY



07:30-08:30	INFOS RECEPTION	Sunrise Yoga – Book at Reception	€
09:00 – 15:00	LOKOLOKO	Mountain Bike Trail experience– Book at Lokoloko	
13:00-15:00/18:00-21:30	ATLANTIS RESTAURANT	Atlantis Restaurant- Try our fantastic fresh fish	€
20:00	ALPINO ATLÂNTICO	Movie about Madeira – Please ask at Reception	
20:00-22:00	CAPOEIRA LOUNGE	Live Music: Turn Around	

## THURSDAY



07:30-08:30	INFOS RECEPTION	Sunrise Yoga – Book at Reception	€
09:00-17:00	LIDO GALOMAR -3	Enjoy our amazing bathing Bay Lido	
10:30	GALO ACTIVE	GAP– Sign up at Reception	PT/EN
20:00-22:00	CAPOEIRA LOUNGE	Live Music: Sarah Borges	
20.30 – 21:00	Capoeira Lounge	Christmas Liquor Tasting – Book at Reception	

\* Included drinks: Please ask our Bartender.



**SENTIDO AMBASSADOR  
Ivone de Aguiar**

WhatsApp  
**+351 918 827 521**  
09:00-18:00

**RESTAURANTS & BARS – BOOK! DIAL 9**  
ATLANTIS RESTAURANT -5639  
ONDAMAR RESTAURANT

**GYM– DIAL 5523**  
GALO ACTIVE

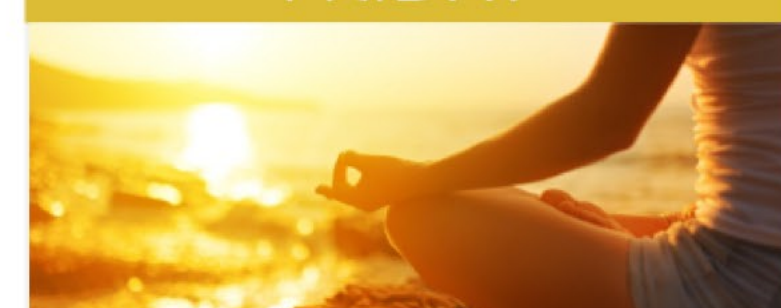
**ASHOKA SPA – DIAL 5532**

**ACTIVITIES & PARTNERS**  
LOKOLOKO - ACTIVIDADES OUTDOOR (+351) 291 939 191  
AYURVEDA CURE CENTER (+351) 913 506 121 or DIAL 5558  
MANTA DIVING MADEIRA (+351) 291 935 588

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

## FRIDAY




07:30-08:30	INFOS RECEPTION	Sunrise Yoga – Book at Reception	€
09:00- 16:30	RECEPTION/ LOKOLOKO	Jeep Tour– Book at Lokoloko	€
09:00 – 15:00	LOKOLOKO	Mountain Bike Trail experience– Book at Lokoloko	€
17:00 – 18:00	CAPOEIRA LOUNGE	Happy Hour – Cocktail of the day & Soft Drinks*	

## SATURDAY



09:00	GALO ACTIVE	STEP– Sign up at Reception	PT/EN
11:00-13:00	INFOS ASHOKA SPA	Happy Hour– Classic Massage (50m)	€
12:00-18:00	GALOMAR ETAGE 0	Relax in our saunas – Book at Ashoka SPA	
16:00-17:00	CAPOEIRA LOUNGE	Sweet Happy Hour – Coffee & homemade cakes	
20:00-22:00	CAPOEIRA LOUNGE	Live Music: Big Double Blues	

## SUNDAY



09:30	GALO ACTIVE	Body pump – Sign up at Reception	PT/EN
11:30	GALO ACTIVE	Body Balance – Sign up at Reception	PT/EN
15:00 – 16:00	CAPOEIRA LOUNGE	Special Sweet Happy Hour	
17:00 – 18:00	CAPOEIRA LOUNGE	Happy Hour – Cocktail of the day & Soft Drinks*	
20:00-22:00	CAPOEIRA LOUNGE	Live Music: Duo Light Ocean	