

WEEK SPECIAL



## LIVE MUSIC

08:00 p.m – 10:00 p.m  
Monday, Thursday & Saturday  
Capoeira Lounge -2 Lido

## MONDAY



- 07:15-08:15 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- 16:00-17:00 CAPOEIRA LOUNGE  
Sweet Happy Hour - Coffee & homemade cakes
- 10:30 GALO ACTIVE  
Pilates– Sign up at Reception
- 19:30-21:30 ATLANTIS RESTAURANT  
Live Music: Joves Band
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Music: Live Brisk

## TUESDAY



- 07:15-08:15 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- 09:00-15:00 LOKOLOKO  
Mountain Bike Trail experience - Book at Lokoloko €
- 10:30 GALO ACTIVE  
Aqua Gym – Sign up at Reception PT/EN
- 17:00-18:00 CAPOEIRA LOUNGE  
Happy Hour – Cocktails & Soft Drinks\*
- 17:00 GALO ACTIVE  
Cycling – Sign up at Reception PT/EN

## WEDNESDAY



- 09:00-19:00 GALOMAR FLOOR 0  
Let yourself be pampered at the Ashoka Spa
- 09:30 GALO ACTIVE  
Body Balance – Sign up at Reception PT/EN
- 16:00-17:00 CAPOEIRA LOUNGE  
Sweet Happy Hour - Coffee & homemade cakes
- 15:30 – 16:30 GALOMAR RECEPTION  
Hotel Tour with our Guest Relations
- 20:00 ALPINO ATLÂNTICO  
Movie about Madeira - Please sign up at Reception

## THURSDAY



- 07:15-08:15 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- from 09:00 INFOS GUEST RELATIONS/RECEPTION  
Dolphin & Whalewcthing €
- 09:00-15:00 LOKOLOKO  
Mountain Bike Trail experience - Book at Lokoloko €
- 17:00-18:00 CAPOEIRA LOUNGE  
Happy Hour – Cocktails & Soft Drinks\*
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Music: Sarah Borges

\* Included drinks: Please ask our Bartender.

## FRIDAY



- 07:15-08:15 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- from 08:30 INFOS GUEST RELATIONS/RECEPTION  
Beautiful Bays and Dolphin & Whalewcthing €
- 10:30 GALO ACTIVE  
Pilates– Sign up at Reception
- 16:00-17:00 CAPOEIRA LOUNGE  
Sweet Happy Hour - Coffee & homemade cakes
- 17:00-18:00 CAPOEIRA LOUNGE  
Happy Hour – Cocktails & Soft Drinks\*

## SATURDAY



- 08:00-20:00 GALO ACTIVE  
Fitness, Sauna, Indoor Pool
- 09:00 GALO ACTIVE  
Step – Sign up at Reception
- 12:00-19:00 Galomar Floor 0  
Relax at 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: Rock@ Accoustic Pop Rock

## SUNDAY



- 08:00-20:00 GALO ACTIVE  
Fitness, Sauna, Indoor Pool
- from 08:30 INFOS GUEST RELATIONS/RECEPTION  
Walk along a Levada €
- 12:00-19:00 Galomar Floor 0  
Relax at our saunas – Book at Ashoka SPA
- 16:00-17:00 CAPOEIRA LOUNGE  
Sweet Happy Hour - Coffee & homemade cakes
- 17:00-18:00 CAPOEIRA LOUNGE  
Happy Hour – Cocktails & Soft Drinks\*

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



SENTIDO AMBASSADOR  
**Nicole Fettel**

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

**RESTAURANTS & BARS – BOOK! DIAL 9**  
RESTAURANTE ATLANTIS  
CAPOEIRA LOUNGE

**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

- 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