

# WEEKLY PROGRAM NOVEMBER 22<sup>th</sup> – NOVEMBER 28<sup>th</sup>

WEEK SPECIAL



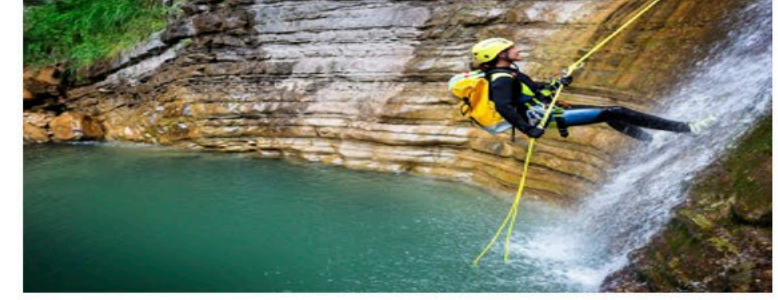
## LIVE MUSIC

NOVEMBRO NOVEMBER | 20:00

22 SEG MON LIVE BRICK	24 QUA WED TURN AROUND
25 QUI THU SARAH BORGES	26 SEX FRI BIG DOUBLE BLUES
27 SÁB SAT ROCK DUO	



### MONDAY



- 09:30 GALO ACTIVE  
Body pump– Sign up at Reception
- 11:00-13:00 INFOS ASHOKA SPA  
Happy Hour– Classic Massage (50m)
- 13:00 – 17:00 LOKOLOKO  
Canyoning Level 1 – Book at Lokoloko €
- 18:00 GALO ACTIVE  
Zumba – Sign up at Reception
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Music: Live Brick (Sergio Pao)

### TUESDAY



- 07:30-08:30 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- 09:00 – 15:00 LOKOLOKO  
Mountain Bike Trail experience– Book at Lokoloko €
- 16:00-17:00 ATLANTIS RESTAURANT  
Sweet Happy Hour – Coffee & homemade cakes
- 17:00 – 18:00 CAPOEIRA LOUNGE  
Happy Hour – Cocktails & Soft Drinks\*
- 19:30 CAPOEIRA LOUNGE  
Poncha Night

### WEDNESDAY



- 07:30-08:30 INFOS RECEPTION  
Sunrise Yoga – Book at Reception
- 09:00-18:00 LIDO GALOMAR -3  
Enjoy our amazing bathing Bay Lido
- 13:00 – 15:00 MANTA DIVING LIDO -3  
Try Diving – Book at Manta Diving €
- 20:00 ALPINO ATLÂNTICO  
Movie about Madeira
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Musik: Turn Around

### THURSDAY



- 07:30-08:30 INFOS RECEPTION  
Sunrise Yoga – Book at Reception €
- 09:00- 16:30 RECEPTION/ LOKOLOKO  
Jeep Tour– Book at Lokoloko €
- 16:00-17:00 ATLANTIS RESTAURANT  
Sweet Happy Hour – Coffee & homemade cakes
- 19:30 CAPOEIRA LOUNGE  
Mojito Night
- 20:00- 22:00 ATLANTIS RESTAURANT  
Live Musik:@Sarah Borges

\* 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 & ONDAMAR  
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  
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 €
- 13:00 – 15:00 MANTA DIVING LIDO -3  
Catamaran Trip – Book at Manta Diving €
- 13:00-15:00/18:00-22:00 ATLANTIS RESTAURANT  
Atlantis Restaurant- Try our fantastic fresh fish
- 19:30 CAPOEIRA LOUNGE  
Caipirinha Night
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Musik:@ Big Double Blues

### SATURDAY



- 09:00 GALO ACTIVE  
STEP – Sign up at Reception
- 10:00 GALO ACTIVE  
STEP – Sign up at Reception
- 10:00-18:00 GALOMAR FLOOR 0  
Let yourself be pampered at the Ashoka Spa
- 16:00-17:00 ATLANTIS RESTAURANT  
Sweet Happy Hour – Coffee & homemade cakes
- 20:00-22:00 CAPOEIRA LOUNGE  
Live Musik:Rock@Duo

### SUNDAY



- Fitness, Sauna, Indoor Pool GALO ACTIVE  
08:00-20:00 Saturday & Sunday.
- 12:00-18:00 GALOMAR ETAGE 0  
Relax in our saunas – Book at Ashoka SPA
- 11:30 GALO ACTIVE  
Body Balance – Sign up at Reception
- 16:00-17:00 ATLANTIS RESTAURANT  
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