



Salobre  
Hotel Resort & Serenity

# Activity calendar 14-20 January/Enero

	MORNING			MIDDAY			AFTERNOON		The S Club
MONDAY		10:00	11:00	12:00	13:00	14:00	15:00	16:00	21-23H
SPA FAMILY DAY 14:00-16:00h. 13€/pax MEETING POINT		PILATES SPA	THAI CHI CRISTALARIUM	POOL BIKE POOL 7TH FLOOR	INFO SPORT	ALOE VERA WORKSHOP	CORE & BALANCE "GYM"	STRETCH CRISTALARIUM	Live Music
TUESDAY	9:00	10:00	11:30	12:00	13:00	14:00	15:00		21-23H
MEETING POINT	YOGA "Spa"	ALIGN YOUR CHAKRAS "SPA"	CELLULITE "Spa"	AQUASTRECHT "Spa"	Golf Clinic 15€ "ProShop"	PILATES "CRISTALARIUM"	ALOE VERA WORKSHOP "SPA"		Live Music
WEDNESDAY	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	21-23H
MEETING POINT	PILATES "Spa"	HIKING 4KM "SPA"	CELLULITE "Spa"	AQUAGYM POOL 7TH FLOOR	INFO SPORT	THAI CHI "SPA"	CIRCUIT TRAINING "GYM"	YOGA "Green 11thfloor"	Live Music
THURSDAY	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	21:00-23:00
SPA FAMILY DAY 14:00-16:00h. 13€/pax MEETING POINT	YOGA "Spa"	HIKING "SPA"	CELLULITE "Spa"	AQUASTRECHT "Spa"	INFO SPORT	MEDITACION "Spa"	ALOE VERA WORKSHOP "SPA"	PILATES "GYM"	Live Music
FRIDAY	9:00	10:00	11:30	12:00	13:00				21:00-23:00
MEETING POINT	PILATES "Spa"	4KM HIKING "Spa"	CELLULITE "Spa"	POOL BIKE "Pool7thFloor"	INFO SPORT				Live Music
SATURDAY	9:00	10:00		12:00	13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT	YOGA "CRISTALARIUM"		MEDITACION "CRISTALARIUM"	AQUASTRECHT "Spa"	INFO SPORT	CELLULITE "Spa"	HIKING "SPA"	YOGA "Spa"	Live Music
SUNDAY	9:00	10:00		12:00	13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT	YOGA "CRISTALARIUM"		MEDITACION "CRISTALARIUM"	AQUASTRECHT "Spa"	INFO SPORT	CELLULITE "Spa"	ALOE VERA WORKSHOP "SPA"	YOGA "Spa"	Live Music

\* El hotel no se hace responsable de cualquier daño derivado de la práctica de estas actividades. Es responsabilidad del cliente y no se recomienda realizarlas en caso de no estar preparado físicamente o tener alguna dolencia.  
 The Hotel doesn't take any responsibilities of any damage part of the activities. The client is responsible and we don't recomend be part of the activities if you are not fisic healthy or have any healthy concerns