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	MAÑANA MORNING			MEDIODÍA MIDDAY		TARDE AFTERNOON		NOCHE NIGHT	
FAMILY WELLNESS DAY 11:00-13:00 13 €/PAX LUNES MONDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Be Aloe 4km WALKING 	11:00 -Gym TRX 	12:00 - Pool7floor POOL BIKE 	14:00 - Gym CORE & BALANCE 	15:00 - Gym CIRCUIT TRAINING 	16:00 - Be Aloe STRETCH 	21:00 - The S Club LIVE MUSIC 	
FAMILY WELLNESS DAY 14:00-16:00 13 €/PAX MARTES TUESDAY	8:00 - Be Aloe RUNNING 	9:00 - Be Aloe PILATES 	10:00 - Gym BUTTOCKS 	11:30 - Be Aloe INFO SPORT 	12:00 - Pool7floor AQUAGYM 	13:00 - Pro Shop Golf Clinic 	14:00 - Be Aloe AQUASTRETCH 	15:00 - Gym ABS EXERCICES 	21:00 - The S Club LIVE MUSIC 
FAMILY WELLNESS DAY 11:00-13:00 13 €/PAX MIÉRCOLES WEDNESDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4km WALKING 	11:00 - Be Aloe INFO SPORT 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe CELULITE 	14:00 - Be Aloe AQUASTRETCH 	15:00 - Gym FITNESS BALL 	21:00 - The S Club LIVE MUSIC 	
FAMILY WELLNESS DAY 14:00-16:00 13 €/PAX JUEVES THURSDAY	BOOK MORE ACTIVITIES IN OUR ALOE SPA		DIVING From 55€ 	KAYAK From 50€ 	DOLPHIN From 35€ 	HIKING From 55€ 	WINDSURF From 55€ 	21:00 - The S Club LIVE MUSIC 	
VIERNES FRIDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Gym FITNESS BALL 	11:30 - Be Aloe CELULITE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 -Be Aloe AQUASTRETCH 	15:00 - Gym TRX 	16:00 - Be Aloe YOGA 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4km WALKING 	11:00 -Pool7Floor AQUAGYM 	12:00 - Be Aloe Aloe Vera Workshoph 	13:00 - Be Aloe CELLULITE 	14:00 - Gym CORE & BALANCE 	15:00 - Gym CIRCUIT TRAINING 	16:00-Green11Floo r STRETCH 	21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	BOOK MORE ACTIVITIES IN OUR ALOE SPA		DIVING From 55€ 	KAYAK From 50€ 	DOLPHIN From 35€ 	HIKING From 55€ 	WINDSURF From 55€ 	21:00 - The S Club 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 una 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.

FAMILY
WELLNESS DAY

