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	MAÑANA MORNING			MEDIODÍA MIDDAY			TARDE AFTERNOON		NOCHE NIGHT
FAMILY WELLNESS DAY 11:00-13:00 13 €/PAX LUNES MONDAY	09:00 - Be Aloe SUN SALUTATION 	10:00 - Be Aloe 4km WALKING 	11:00 -Gym FITBALL EXERCISES 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Gym CORE & BALANCE 	15:00 - Gym TOTAL TRAINING 	16:00-Cristalarium PILATES 	21:00 - The S Club LIVE MUSIC 
MARTES TUESDAY	9:00 - Be Aloe TAI CHI-CHI KUNG 	10:00 - Gym G.A.P. 	11:30 - Be Aloe CELLULITE 	12:00 - Pool7floor AQUAGYM 	13:00 - Pro Shop GOLF CLINIC 15€ 	14:00 -Gym TRX 	15:00 - Be Aloe ALOE VERA WORKSHOP 	16:00-Cristalarium YOGA+BALL MASSAGE 	21:00 - The S Club LIVE MUSIC 
MIÉRCOLES WEDNESDAY	9:00 - Be Aloe PILATES 	10:00 - Gym FITBALL EXERCISES 	11:30 -Be Aloe CORE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00- Gym ARMS EXERCISES 	15:00 - Gym TOTAL TRAINING 	16:00-Cristalarium STRETCH 	21:00 - The S Club LIVE MUSIC 
FAMILY WELLNESS DAY 14:00-16:00 13 €/PAX JUEVES THURSDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4KM WALKING 	11:30 -Be Aloe CELLULITE 	12:00 - Be Aloe AQUASTRETCH 	13:00 - Be Aloe INFO SPORT 	14:00- Be Aloe OXYGEN MEDITACION 			21:00 - The S Club LIVE MUSIC 
VIERNES FRIDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Gym G.A.P. 	11:30 - Be Aloe CORE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Gym TRX 		16:00 - Cristalarium TAI CHI-CHI KUNG 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 - Be Aloe PILATES 	10:00-Be Aloe STRETCH 	11:00 - Gym ARMS EXERCISES 	12:00 - Pool7floor AQUAGYM 	13:00 - Be Aloe INFO SPORT 	14:00 - Gym CORE&BALANCE 	15:00 - Be Aloe ALOE VERA WORKSHOP 	16:00 - Cristalarium YOGA + BALL MASSAGE 	21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	9:00 - Be Aloe YOGA 	10:00 - Gym CIRCUIT TRAINING 	11:00 - Be Aloe CELLULITE 	12:00 - Be Aloe AQUASTRETCH 	13:00 - Be Aloe INFO SPORT 	14:00 - Be Aloe CHAKRAS ALIGNMENT 	15:00 - Be Aloe 4KM WALKING 	16:00 - Cristalarium STRETCH 	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.
GOLF LESSONS EVERY DAY FROM 9 TO 17 60€/1 PAX 80€/2 PAX BOOKING: PROSHOP