







































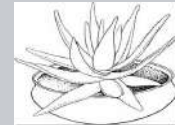
















Activity calendar 05-11 November/Noviembre

	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 FITNESS BALL 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Be Aloe AQUATRETCH 	15:00 - Gym CIRCUIT TRAINING 	16:00 - Gym ABS Exercises 	21:00 - The S Club LIVE MUSIC 
MARTES TUESDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe PILATES 	11:30 - Be Aloe CELLULITE 	12:00 - Pool7floor AQUAGYM 	13:00 - Pro Shop GOLF CLINIC 15€ 	14:00 - Gym FITBALL Exercises 	15:00 -Gym BUTTOCKS 	16:00 - Be Aloe ALOE VERA WORKSHOP 	21:00 - The S Club LIVE MUSIC 
MIÉRCOLES WEDNESDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Be Aloe 4km WALKING 	11:30 - Be Aloe CELLULITE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Gym CIRCUIT TRAINING 	15:00 - Gym CORE & BALANCE 	16:00 -Gym TRX 	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 PILATES 	11:30 -Be Aloe CELLULITE 	12:00 - Pool7floor AQUAGYM 	13:00 - Pool7floor INFO SPORT 	14:00 - Gym ABS Exercises 	15:00 - Gym FITNESS BALL 	16:00- Green11Floor STRETCH 	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 - Gym TRX 	15:00 - Be Aloe AQUASTRETCH 	16:00 - Be Aloe ALOE VERA WORKSHOP 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	GOLF CLASESS Proshop: 60€ 1 pax/ 80€ 2pax 		KAYAK From 50€ 	DOLPHIN From 35€ 	HIKING From 55€ 	WINDSURF From 55€ 	DIVING From 55€ 		21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	GOLF CLASESS Proshop: 60€ 1 pax/ 80€ 2pax 		KAYAK From 50€ 	DOLPHIN From 35€ 	HIKING From 55€ 	WINDSURF From 55€ 	DIVING 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

