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	MAÑANA MORNING			MEDIODÍA MIDDAY			TARDE AFTERNOON		NOCHE NIGHT	
<b>FAMILY WELLNESS DAY</b>  14:00-16:00 13€/PAX MONDAY/LUNES	<b>GOLF LESSONS</b> Proshop: 60€ 1 pax/ 80€ 2pax 			<b>DIVING</b> From 55€ 			<b>HIKING</b> From 55€ 		21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>MARTES TUESDAY</b>	Main reception for more information about the external activities			<b>DOLPHIN</b> From 35€ 			<b>WINDSURF</b> From 55€ 		<b>KAYAK</b> From 50€ 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>MIÉRCOLES WEDNESDAY</b>	9:00-Spa Be Aloe <b>SUN SALUTATION</b> 	10:00- Spa Be Aloe <b>4KM WALKING</b> 	11:15- Cristalarium <b>YOGA</b> 	12:15 <b>SUNSET</b> <b>AQUASTRETCH</b> 	13:00-Spa Be Aloe <b>INFO SPORT</b> 	14:00-Spa Be Aloe <b>ALOE VERA WORKSHOP</b> 			21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>FAMILY WELLNESS DAY</b>  14:00-16:00 13€/PAX JUEVES/THURSDAY	09:00-Spa Be Aloe <b>YOGA</b> 	10:00 - Spa Be Aloe <b>OXIGEN MEDITATION</b> 	11:30- Spa Be Aloe <b>CELULITE</b> 	12:15- 7PoolFloor <b>AQUASTRETCH</b> 	13:00-Spa Be Aloe <b>INFO SPORT</b> 	14:00-Spa Be Aloe <b>SONOTHERAPY</b> 			21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>VIERNES FRIDAY</b>	9:00-Spa Be Aloe <b>SUN SALUTATION</b> 	10:00 - Spa Be Aloe <b>CHAKRA ALIGNMENT</b> 	11:30- GYM <b>ARMS EXERCISES</b> 	12:15 - <b>SUNSET</b> <b>AQUASTRETCH</b> 	13:00-Spa Be Aloe <b>INFO SPORT</b> 	14:00-Spa Be Aloe <b>YOGA NIDRA</b> 	15:00-Spa Be Aloe <b>ALOE VERA WORKSHOP</b> 	16:00-Be Aloe Spa <b>4KM ALOE WALKING</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>SÁBADO SATURDAY</b>	9:00 - Spa Be Aloe <b>HATHA YOGA</b> 	10:00- Spa Be Aloe <b>MEDITATION+ BALL MASSAGE</b> 	11:30 - Spa Be Aloe <b>CELULITE</b> 	12:15 - Spa Be Aloe <b>AQUASTRETCH</b> 	13:00-Spa Be Aloe <b>INFO SPORT</b> 	14:00-Spa Be Aloe <b>OXIGEN MEDITATION</b> 	15:00-Gym <b>FITBALL EXERCISES</b> 	16:00 - <b>SUNSET</b> <b>SUN SALUTATION</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>DOMINGO SUNDAY</b>	9:00-Spa Be Aloe <b>SUN SALUTATION</b> 	10:00- Be Aloe Spa <b>4KM WALKING</b> 	11:15 - Spa Be Aloe <b>YOGA</b> 	12:15-Spa Be Aloe <b>AQUASTRETCH</b> 	13:00-Spa Be Aloe <b>INFO SPORT</b> 	14:00-Spa Be Aloe <b>ALOE VERA WORKSHOP</b> 	15:00-Spa Be Aloe <b>SONOTHERAPY</b> 	16:00 - Cristalarium <b>YOGA</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 	

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 recommend be part of the activities if you are not fisic healthy or have any healthy concerns.