























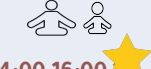

































Activity calendar 16-22 Septiembre/September

	MAÑANA MORNING			MEDIODÍA MIDDAY		TARDE AFTERNOON		NOCHE NIGHT	
 11:00-13:00 13 €/PAX LUNES MONDAY	9:00 - Spa Be Aloe PILATES 	10:00 -Spa Be Aloe WALKING 	11:30 - Pool7Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:15 -GYM CORE & BALANCE 	15:00 - Spa Be Aloe YOGA 	16:00- Spa Be Aloe STRETCH 		
MARTES TUESDAY	9:00 - Spa Be Aloe YOGA 	10:00 -Spa Be Aloe TAI CHI CHI KUNG 	11:00 - Pro Shop GOLF CLINIC 15€ 	12:15 -Pool7Floor AQUAGYM 	13:00 - Spa Be Aloe INFO SPORT 	14:00 -Spa Be Aloe ALOE VERA WORKSHOP 	15:00 -Spa BeAloe PILATES 	16:00- Spa Be Aloe AQUASTRETCH 	
MIÉRCOLES WEDNESDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00 - Spa Be Aloe ALOE WALKING 	11:30 - Spa Be Aloe BUTTOCKS 	12:15 -Pool7Floor POOL BIKE 	13:00 -Spa Be Aloe INFO SPORT 	14:00- Spa Be Aloe STRETCH 	15:00 -Sap Be Aloe PILATES 	16:00- Gym FITNESS BALL 	
 14:00-16:00 €/PAX JUEVES THURSDAY	9:00 - Spa Be Aloe PILATES 	10:00 -Spa Be Aloe 4KM ALOE WALKING 	11:30 -Spa Be Aloe CORE 	Spa be Aloe INFO SPORT 		15:30 - Spa Be Aloe ALOE VERA WORSHOP 		21:00 - The S Club LIVE MUSIC 	
VIERNES FRIDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00-Spa Be Aloe SONOTHERAPY 	11:30 -Spa Be Aloe CELLILITE 	12:15 - SUNSET AQUASTRETCH 	13:00 - Spa Be Aloe INFO SPORT 	14:00 -Spa Be Aloe YOGA NIDRA 	14:15 - GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe YOGA 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 - Spa Be Aloe HATHA YOGA 	10:00-Spa Be Aloe 7 KM WALKING  	12:15 -Spa Be Aloe AQUASTRETCH 	13:00-Spa Be Aloe INFO SPORT 	14:00- Spa Be Aloe ALOE VERA WORKSHOP 	15:00- GYM ARMS EXERCISE 	16:00- Spa Be Aloe YIN YOGA 	21:00 - The S Club LIVE MUSIC 	
DOMINGO SUNDAY	9:00 - Spa Be Aloe PILATES 	10:00-Gym TRX + HIT 	11:30-Spa Be Aloe CORE 	12:15 - Pool7Floor POOL BIKE 	13:00-Spa Be Aloe INFO SPORT 	14:00- Spa Be Aloe TAI CHI CHI KUNG 	15:00- Spa Be Aloe STRETCH 		

•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