







































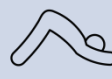
































Activity calendar 19-25 November/Noviembre

		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 	14:00 - Be Aloe AQUATRETCH 	15:00 - Gym CIRCUIT TRAINING 	16:00 - Gym ABS Exercices 	GOLF LESSONS Monday to Saturday from 09h00 to 17h00 Proshop: 60€ 1 pax/ 80€ 2pax 			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 FITNESS BALL 	15:00 -Gym BUTTOCKS 	16:00 - Be Aloe ALOE VERA WORKSHOP 	GOLF LESSONS Monday to Saturday from 09h00 to 17h00 Proshop: 60€ 1 pax/ 80€ 2pax 		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 	14:00 -Gym TRX 	15:00 - Gym CORE & BALANCE 	16:00 - Gym CIRCUIT TRAINING 	GOLF LESSONS Monday to Saturday from 09h00 to 17h00 Proshop: 60€ 1 pax/ 80€ 2pax 		21:00 - The S Club LIVE MUSIC 		
FAMILY WELLNESS DAY 14:00-16:00 13 €/PAX JUEVES THURSDAY	8:00 - Be Aloe YOGA 	9:00 - Be Aloe PILATES 	10:00 - Gym CIRCUIT TRAINING 	11:30 -Be Aloe CELLULITE 	12:00-Pool7thFloo r AQUAGYM 	13:00 - Gym CORE & BALANCE 	14:00 - Gym FITNESS BALL 	15:00 - Gym ABS Exercices 	16:00 -Gym BUTTOCKS 	17:00-Be Aloe STRETCH 	18:00 - Be Aloe TAI CHI-CH KUNG 	21:00 - The S Club LIVE MUSIC 	
VIERNES FRIDAY	8:00 - Be Aloe SUN SALUTATION 	9:00 - Be Aloe 4km WALKING 	10:00 - Gym FITNESS BALL 	11:30 - Be Aloe CELULITE 	12:00 - Be Aloe POOL BIKE 	13:00 - Be Aloe AQUASTRETCH 	14:00 - Gym TRX 	15:00 - Gym CORE & BALANCE 	16:00 - Be Aloe ALOE VERA WORKSHOP 	17:00 - Be Aloe Meditation & Ball Massage 	18:00 - Be Aloe PILATES 	21:00 - The S Club LIVE MUSIC 	
SÁBADO SATURDAY		9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4km WALKING 	11:00 -Gym BUTTOCKS 	12:00-Pool7thFloo r AQUAGYM 	13:00 - Be Aloe CELLULITE 	14:00 - Gym CIRCUIT TRAINING 	15:00-Be Aloe STRETCH 	16:00 - Be Aloe TAI CHI-CHI KUNG 	GOLF CLASSES Monday to Saturday from 09h00 to 17h00 Proshop: 60€ 1 pax/ 80€ 2pax 		21:00 - The S Club LIVE MUSIC 	
DOMINGO SUNDAY		09:00 - Be Aloe TAI CHI-CHI KUNG 	10:00 - Be Aloe PILATES 	11:00 - Gym FITNESS BALL 	12:00 - Be Aloe POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Be Aloe AQUASTRETCH 	15:00 - Gym ABS Exercices 	16:00 - Be Aloe Meditation & Ball Massage 			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

