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	MAÑANA MORNING			MEDIODÍA MIDDAY			TARDE AFTERNOON		NOCHE NIGHT
 11:00-13:00 13 €/PAX LUNES MONDAY	09:00 -Spa Be Aloe PILATES 	10:00 - Spa Be Aloe STRETCH 	11:30-Spa Be Aloe CORE 	12:15 - Pool7floor AQUAGYM 	13:00 -Spa Be Aloe INFO SPORT 	14:00-Spa Be Aloe AQUASTRETCH 	15:00- Spa Be Aloe TAI CHI-CHI KUNG 	16:00- Spa Be Aloe YOGA 	
MARTES TUESDAY	9:00 -Spa Be Aloe SUN SALUTATION 	10:00 -Spa Be Aloe 4 KM WALKING 		12:15 - Pool7floor POOL BIKE 	13:00 - Pro Shop GOLF CLINIC 15€ 	14:00-Spa Be Aloe ALOE VERA WORKSHOP 	15:00 - Gym CIRCUIT TRAINING 	16:00- Spa Be Aloe AQUASTRETCH 	
MIÉRCOLES WEDNESDAY	9:00 -Spa Be Aloe TAI CHI-CHI KUNG 	10:00 -Spa Be Aloe PILATES 	11:30 -Spa Be Aloe CORE 	12:15 - Pool7floor AQUAGYM 	13:00 -Spa Be Aloe INFO SPORT 	14:00- GYM ARMS EXERCISES 	15:00 -Spa Be Aloe MEDITACION+BALL MASSAGE 	16:00-Spa Be Aloe STRETCH 	
 14:00-16:00 13 €/PAX JUEVES THURSDAY	9:00 - Spa Be Aloe YOGA 	10:00 -Spa Be Aloe AQUASTRETCH 	11:30 -Spa Be Aloe G.A.P 	12:15 - Pool7Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:00 -Be Aloe Spa ALOE VERA WORKSHOP 		16:00-Spa Be Aloe PILATES 	21:00 - The S Club LIVE MUSIC 
VIERNES FRIDAY	9:00 -Spa Be Aloe SUN SALUTATION 	10:00 -Spa Be Aloe ALOE WALKING 	11:30 -Spa Be Aloe CELULITE 	12:15 - SUNSET AQUASTRETCH 	13:00 - Spa Be Aloe INFO SPORT 	14:00 -Spa Be Aloe CHAKRAS ALIGNMENT 	15:00 - Spa Be Aloe YOGA NIDRA 	16:00 - Cristalarium YOGA 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 -Spa Be Aloe YOGA 	10:00-Spa Be Aloe SONOTHERAPY 	11:15 -Spa Be Aloe HATHA YOGA 	12:15 - Spa Be Aloe AQUASTRETCH 	13:00 - Spa Be Aloe INFO SPORT 	14:00 - Spa Be Aloe OXYGEN MEDITACION 	15:00 -Spa Be Aloe ALOE VERA WORKSHOP 	16:00 - Cristalarium YOGA 	21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	9:00 - Spa Be Aloe PILATES 	10:00 -Spa Be Aloe 4 KM WALKING 	11:30 -Spa Be Aloe CORE 	12:15 - Pool7Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:00 - GYM TRX 	15:00 - GYM FITNESS BALL EXERCISES 	16:00 - 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 fistic healthy or have any healthy concerns.

GOLF LESSONS EVERY DAY FROM 9 TO 17 60€/1 PAX 80€/2 PAX BOOKING: PROSHOP