


























































Activity calendar 24-01 Marzo/March

	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 OXYGEN MEDITATION 	11:30- Spa Be Aloe CELULITE 	12:15 -Pool 7 Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:15 -Spa Be Aloe ALOE VERA WORKSHOP 	15:00 - Spa Be Aloe YOGA NIDRA 	16:00- Spa Be Aloe TAI CHI - CHI KUNG 	21:00 - The S Club LIVE MUSIC 
MARTES TUESDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00 - Spa Be Aloe WALKING 	11:30-Spa Be Aloe CORE EXERCISES 	12:15 - Pool 7 Floor AQUAGYM 	13:00 - Pro Shop GOLF CLINIC 15€ 	14:15 - Spa Be Aloe SOFTBALL EXERCISES 	15:00 - GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe STRETCH 	21:00 - The S Club LIVE MUSIC 
MIÉRCOLES WEDNESDAY	09:00-Spa Be Aloe TAI CHI-CHI KUNG 	10:00 - Spa Be Aloe YOGA 	11:30-Spa Be Aloe BUTTOCKS EXERCISES 	12:15 - Pool 7 Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:15 -Spa Be Aloe BREATHING EXERCISES 	15:00 - GYM CORE + HIT 	16:00- Spa Be Aloe MEDITACIÓN+BALL MASSAGE 	21:00 - The S Club LIVE MUSIC 
 14:00-16:00 13 €/PAX JUEVES THURSDAY	9:00 - Spa Be Aloe PILATES 	10:00 - Spa Be Aloe WALKING 	11:30-Spa Be Aloe CORE EXERCISES 	12:15 - Pool 7 Floor AQUAGYM 	13:00 - Spa Be Aloe INFO SPORT 	14:15 - Spa Be Aloe ALOE VERA WORKSHOP 	15:00 - GYM TRX + HIT 	16:00- Spa Be Aloe STRETCH 	21:00 - The S Club LIVE MUSIC 
VIERNES FRIDAY	9:00 - Spa Be Aloe SUN SALULATION 	10:15 - Spa Be Aloe AQUASTRETCH 	11:30-Spa Be Aloe CELULITE 	13:00 - Spa Be Aloe INFO SPORT 		14:00 -Spa Be Aloe YOGA NIDRA 	15:00 - GYM CORE + HIT 	16:00- Spa Be Aloe YOGA 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 - Spa Be Aloe YOGA 	10:15 - Spa Be Aloe 6KM WALKING  		12:15 - Spa Be Aloe AQUASTRETCH 	13:00 -Spa Be Aloe INFO SPORT 	14:00-Spa Be Aloe ALOE VERA WORKSHOP 	15:00 - Spa Be Aloe SONOTHERAPY 	16:00- Spa Be Aloe HATHA YOGA 	21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	9:00 - Spa Be Aloe PILATES 	10:15 - GYM FITBALL EXERCISES 	11:30-Spa Be Aloe BUTTOCKS EXERCISES 	12:15-Pool 7 Floor AQUAGYM 	13:00-Spa Be Aloe INFO SPORT 	14:15-Spa Be Aloe BALL MASSAGE 	15:00 - GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe STRETCH 	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.
 GOLF LESSONS EVERY DAY FROM 9 TO 17 60€/1 PAX 80€/2 PAX BOOKING: PROSHOP