

Activity calendar 21-27 Octubre/October

	MAÑANA MORNING				MEDIODÍA MIDDAY			TARDE AFTERNOON		NOCHE NIGHT
 11:00-13:00 13 €/PAX LUNES MONDAY	9:00 - Spa Be Aloe YOGA 				12:30 - Spa Be Aloe AQUASTRETCH 		13:00 - Spa Be Aloe INFO SPORT 			
MARTES TUESDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00 - Spa Be Aloe OXYGEN MEDITATION 	11:30 Spa Be Aloe CORE 	12:15 - Pool7Floor POOLBIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:00 -Spa Be Aloe SONOTHERAPY 	15:00- Spa Be Aloe ALOE VERA WORKSHOP 	16:00- Spa Be Aloe PILATES 		
MIÉRCOLES WEDNESDAY	9:00 - Spa Be Aloe PILATES 	11:00 - Pro Shop GOLF CLINIC 15€ 	12:15 - Pool7Floor AQUAGYM 		13:00 -Spa Be Aloe INFO SPORT 	14:00 -Spa Be Aloe TAI CHI - CHI KUNG 	15:00- Spa Be Aloe STRETCH 			
 14:00-16:00 €/PAX JUEVES THURSDAY	9:00 - Spa Be Aloe YOGA 		11:30-Spa Be Aloe POOLBIKE 		13:00-Spa Be Aloe INFO SPORT 		14:00- Spa Be Aloe ALOE VERA WORKSHOP 	21:00 - The S Club LIVE MUSIC 		
VIERNES FRIDAY	9:00 - Spa Be Aloe TAI CHI - CHI KUNG 		11:00-Spa Be Aloe CELLULITE 	12:15 - Pool7Floor AQUAGYM 	13:00-Spa Be Aloe INFO SPORT 	14:00- Spa Be Aloe YOGA NIDRA 	15:15- Spa Be Aloe TRX + HIT 	16:00- Spa Be Aloe PILATES 	21:00 - The S Club LIVE MUSIC 	
SÁBADO SATURDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00-Spa Be Aloe PILATES 	11:00-Spa Be Aloe HATHA YOGA 	12:15 - SUNSET AQUASTRETCH 	13:00-Spa Be Aloe INFO SPORT 	14:00 - Gym CORE & BALANCE 	15:00- GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe SONOTHERAPY 	21:00 - The S Club LIVE MUSIC 	
DOMINGO SUNDAY	12:15 -Spa Be Aloe AQUASTRETCH 			13:00-Spa Be Aloe INFO SPORT 		15:00-Spa Be Aloe ALOE VERA WORKSHOP 		16:00- Spa Be Aloe YOGA 		



•Los niños pueden participar en todas las actividades con estrella/Children can participate in all activities with stars/Kinder können an allen Aktivitäten mit Stars teilnehmen

•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