





# Activity calendar 11-17 Noviembre/November

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

•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