



ACTIVITY CALENDAR 16-22 APRIL

	MORNING		MIDDAY			AFTERNOON		Perenquen Bar	
MONDAY	9:00	10:00	12:30		14:30	15:00	16:00		
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 YOGA "Spa"	 8km WALKING "Spa"	 POOL BIKE "Pool7thFloor"		 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green11Floor"		
TUESDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	
MEETING POINT	 SUN SALUTATION "Spa"	 FITNESS BALL "Gym"	 TRX "Gym"	 AQUAGYM "Pool7thfloor"	 Golf Clinic 15€ "ProShop"	 AQUASTRETCH "Spa"	 CORE & BALANCE "Gym"	 4km WALKING "Spa"	
WEDNESDAY		10:00	11:00	12:00	13:00	14:00	15:00	16:00	
MEETING POINT		 ABS EXERCISES "Gym"	 PILATES "Spa"	 POOL BIKE "Pool7thFloor"	 INFO SPORT "Spa"	 TRX "Gym"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green11Floor"	
THURSDAY									21:00-23:00
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT	Book more activities in our Aloe Spa!		 DIVING "From55€"	 DOLPHIN "From35€"	 KAYAK "From 50€"	 HIKING "From55€"	 WINDSURF "From55€"		 Live Music "TRIO"
FRIDAY	9:00	10:00	11:30	12:30	13:30	14:30	15:00	16:00	21:00-23:00
MEETING POINT	 YOGA "Spa"	 OUTDOOR FITNESS "Spa"	 FITNESS BALL "Gym"	 AQUASTRETCH "Spa"	 CELLULITE EXERCISES "Spa"	 SpaSport&Spirit "Spa"	 CORE & BALANCE "Gym"	 BUTTOCKS EXERCISES "Gym"	 Live Music "DUO GRAVE"
SATURDAY									21:00-23:00
MEETING POINT	Book more activities in our Aloe Spa!		 DIVING "From55€"	 DOLPHIN "From 35€"	 KAYAK "From50€"	 HIKING "From55€"	 WINDSURF "From55€"		 Live Music "CUBAN MUSIC"
SUNDAY									
MEETING POINT	Book more activities in our Aloe Spa!		 DIVING "From55€"	 DOLPHIN "From 35€"	 KAYAK "From50€"	 HIKING "From55€"	 WINDSURF "From55€"		

* 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 alguna dolencia.
The Hotel doesn't take any responsibilities of any damage part of the activities. The client is responsible and we don't recommend be part of the activities if you are not physically healthy or have any health concerns