



ACTIVITY CALENDAR 29-4 FEBRUAR

				MIDDAY		AFTERNOON		Perenquen Bar	
MONDAY	9:00	10:00	11:30	12:30		14:30	15:00	16:00	21:00-23:00
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 SUN SALUTATION "Spa"	 4km WALKING "Reception"	 STRETCH "Green11Floor"	 POOL BIKE "Pool7thFloor"		 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 PILATES "Spa"	 LIVE MUSIC TWIN UP
TUESDAY	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT	 YOGA "Spa"	 FITNESS BALL "Gym"	 CELLULITE EXERCISES "Spa"	 AQUAGYM "Pool7thfloor"	 ALOE VERA WORKSHOP "Spa"	 AQUASTRETCH "Spa"	 CORE & BALANCE "Gym"	 4km WALKING "Spa"	 LIVE MUSIC DIVAS UNPLUGGED
WEDNESDAY									21:00-23:00
MEETING POINT	Book more activities in our Aloe Spa!		 DIVING from 55€	 DOLPHIN from 35€	 PADDLE SURF from 50€	 HIKING from 55€	 WINDSURF from 55€		 LIVE MUSIC TRIO CONTRATES
THURSDAY	9:00	10:00	11:30	12:30		14:00	15:00	16:00	21:00-23:00
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT	 PILATES "Spa"	 4km WALKING "Reception"	 TRX "Gym"	 POOL BIKE "Pool7thFloor"		 ALOE VERA WORKSHOP "Spa"	 BUTTOCKS EXERCISES "Gym"	 YOGA "Spa"	 LIVE MUSIC DUO GRAVE
FRIDAY	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT	 YOGA "Spa"	 ABS EXERCISES "Gym"	 FITNESS BALL "Gym"	 AQUAGYM "7thFloorPool"	 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 CORE & BALANCE "Gym"	 STRETCH "Green11Floor"	 LIVE MUSIC "Soul Voice"
SATURDAY	9:00	10:00	11:00	12:00		14:00	15:00	16:00	21:00-23:00
MEETING POINT	 SUN SALUTATION "Spa"	 OUTDOOR FITNESS "Reception"	 PILATES "Spa"	 SPRUNCH Relax YOGA+ Brunch + SPA 35€ "SpaPool"		 BUTTOCKS EXERCISES "Gym"	 TRX "Gym"	 YOGA "Spa"	 LIVE MUSIC PIANO JAZZ
SUNDAY									21:00-23:00
MEETING POINT	Book more activities in our Aloe Spa!		 DOLPHIN from 35€	 WINDSURF from 55€	 DIVING from 55€	 PADDLE SURF from 50€	 HIKING from 55€		 LIVE MUSIC TWIN UP