



ACTIVITIES CALENDAR 12-18 MARCH

	MORNING			MIDDAY			AFTERNOON				
MONDAY	8:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	21:00-23:00
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 8KM WALKING "Spa"	 OXYGEN MEDITATION "Spa"	 ABS EXERCISES "Gym"	 POOL BIKE "Pool7thFloor"	 AQUASTRETCH "SpaPool"	 CELLULITE EXERCISES "Spa"	 AYURVEDA WORKSHOP "Spa"	 TRX "Gym"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green 11Floor"	 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		 SUN SALUTATION "Spa"	 4km walking "Spa"	 BUTTOCKS EXERCISES "Spa"	 AQUASTRETCH "SpaPool"	 Golf Clinic 15€ "ProShop"	 CELLULITE EXERCISES "Spa"	 CORE & BALANCE "Gym"	 YOGA "Spa"		 DIVAS UNPLUGGED
WEDNESDAY		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"	 POOL BIKE "Pool7thFloor"	 FUSION "Spa"	 TRX "Gym"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green 11Floor"		 TRIO CONTRATES
THURSDAY	8:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00		21:00-23:00
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT	 YOGA+MEDITATION+ DETOX TEA "Spa"	 ALOE VERA WORKSHOP "Spa"	 MEDITACION "Spa"	 CELLULITE EXERCISES "Spa"	 AQUASTRETCH "SpaPool"	 YOGA NIDRA "Spa"	 BUTTOCKS EXERCISES "Gym"	 CORE & BALANCE "Gym"	 8KM WALKING "Spa"		 DUO GRAVE
FRIDAY	8:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	21:00-23:00
MEETING POINT	 8KM WALKING "Spa"	 MEDITACION "Spa"	 ALOE VERA WORKSHOP "Spa"	 POOL BIKE "Pool7thFloor"	 OXYGEN MEDITATION "Spa"	 CELLULITE EXERCISES "Spa"	 YOGA "Spa"	 CIRCUIT TRAINING "Gym"	 PILATES "Gym"	 STRETCH "Green 11Floor"	 SOUL VOICE
SATURDAY		9:00	11:00	12:00			13:00	14:00	15:00		21:00-23:00
MEETING POINT		 YOGA+MEDITATION+ DETOX TEA "Spa"	 FUSION "Spa"	 YOGA+ Brunch + SPA 35€ "SpaPool"			 YOGA NIDRA "Spa"	 ALOE VERA WORKSHOP "Spa"	 WALKING+YOGA "Spa"		 PIANO JAZZ
SUNDAY		9:00	11:00	12:00	13:00	14:00	15:00	16:00			21:00-23:00
MEETING POINT		 WALKING+YOGA "Spa"	 ALOE VERA WORKSHOP "Spa"	 AQUAGYM "7thFloorPool"	 OXYGEN MEDITATION "Spa"	 STRETCH "Green 11Floor"	 FUSION "Spa"	 4km walking "Spa"			 TWIN UP