



# ACTIVITIES CALENDAR 11-17 DECEMBER

	MORNING			MIDDAY			AFTERNOON					
MONDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00			
<b>FAMILY WELLNESS DAY</b> 11:00-13:00h. 13€/pax MEETING POINT		 SUN SALUTATION "Spa"	 MEDITACIÓN "Salobre II"	 AYURVEDA WORKSHOP "Spa"	 AQUASTRETCH "SpaPool"	 ALIGN YOUR CHACRAS "Spa"	 YOGA NIDRA "Spa"	 ALOE VERA WORKSHOP "Spa"	 4 Km. Walking "Reception"			
TUESDAY		8:00	10:00	12:00	13:00	14:00	15:00	16:00	17:00			
MEETING POINT		 Special WALK+YOGA "Reception"	 BIKE TOUR "Reception"	 AQUASTRETCH "SunsetPool"	 TRX "Gym"	 8Km. Walking "Reception"	 TRX "Gym"	 CORE & BALANCE "Gym"	 CIRCUIT TRAINING "Gym"			
WEDNESDAY		9:00	10:00	11:00	12:00	14:00	15:00	16:00				
MEETING POINT		 SUN SALUTATION "Salobre II"	 4 Km. Walking "Reception"	 TRX "Gym"	 POOL BIKE "Pool7thFloor"	 PILATES "II"	 FITNESS BALL "Gym"	 STRETCH "Salobre II"				
THURSDAY		9:00	10:00	11:00	12:00	14:00	15:00	16:00				
<b>FAMILY WELLNESS DAY</b> 14:00-16:00h. 13€/pax MEETING POINT		 YOGA "Salobre II"	 BUTTOCKS EXERCISES "Spa"	 PILATES "Spa"	 AQUAGYM "Pool7thFloor"	 AQUASTRETCH "SunsetPool"	 CORE & BALANCE "Gym"	 STRETCH "Spa"				
FRIDAY		8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
MEETING POINT	 4 km. Walking "Reception"	 SUN SALUTATION "Salobre II"	 YOGA NIDRA "Salobre II"	 ALOE VERA WORKSHOP "Spa"	 POOL BIKE "Pool7thFloor"	 ALIGN YOUR CHACRAS "Cristalarium"	 MEDITACIÓN "Cristalarium"	 YOGA For Golfers "GolfAcademy"	 CIRCUIT TRAINING "Gym"	 TRX "Gym"	 4 Km. Sunset Walking "Reception"	
SATURDAY		9:00	10:00	11:00	12:00	14:00	15:00	16:00				
MEETING POINT		 SUN SALUTATION "Cristalarium"	 AYURVEDA WORKSHOP "Cristalarium"	 ALIGN YOUR CHACRAS "Spa"	 AQUASTRETCH "SunsetPool"	 YOGA NIDRA "Cristalarium"	 YIN YOGA "Cristalarium"	 4 km. Walking "Reception"				
SUNDAY		9:00	10:00	11:00	12:00	13:00	14:30	15:00	16:00			
MEETING POINT		 4 km. Walking "Reception"	 ALIGN YOUR CHACRAS "Spa"	 ALOE VERA WORKSHOP "Spa"	 AQUASTRETCH "SunsetPool"	 MEDITACIÓN "Spa"	 FUSION spa&sport&spirit "Spa"	 YOGA NIDRA "Cristalarium"	 YOGA "Cristalarium"			

