



# ACTIVITY CALENDAR 18-24 JUNE

	MORNING			MIDDAY		AFTERNOON			SENS 230
MONDAY	9:00	10:00	11:00	12:00		14:00	15:00	16:00	
<b>FAMILY WELLNESS DAY</b> 11:00-13:00h. 13€/pax MEETING POINT	 SUN SALUTATION "Spa"	 4km WALKING "Spa"	 FITNESS BALL "Gym"	 POOL BIKE "Pool7thFloor"		 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 STRETCH "Spa"	
TUESDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	
MEETING POINT	 RUNNING "Spa"	 BUTTOCKS EXERCISES "Gym"	 PILATES "Spa"	 AQUASTRETCH "Spa"	 AQUAGYM "Pool7thfloor"	 Golf Clinic 15€ "ProShop"	 CORE & BALANCE "Gym"	 YOGA "Spa"	
WEDNESDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	
MEETING POINT	 YOGA "Spa"	 4km WALKING "Spa"	 BUTTOCKS EXERCISES "Gym"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 ABS EXERCISES "Gym"	 CIRCUIT TRAINING "Gym"	 PILATES "Spa"	
THURSDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	21:00-23:00
<b>FAMILY WELLNESS DAY</b> 14:00-16:00h. 13€/pax MEETING POINT	 RUNNING "Spa"	 THAI CHI "Spa"	 FITNESS BALL "Gym"	 TRX "Gym"	 AQUAGYM "Pool7thfloor"	 INFO SPORT "Spa"	 CORE & BALANCE "Gym"	 STRETCH "Spa"	 Live Music "TRIO"
FRIDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT	 SUN SALUTATION "Spa"	 PILATES "Spa"	 INFO SPORT "Spa"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 AQUASTRETCH "Spa"	 ABS EXERCISES "Gym"	 BUTTOCKS EXERCISES "Gym"	 Live Music "DUO GRAVE"
SATURDAY	9:00	10:00		12:00		14:00	15:00	16:00	21:00-23:00
MEETING POINT	 YOGA "Spa"	 4km WALKING + Aloedarium "Spa"		 SPRUNCH Relax Spa+Yoga+Brunch 35€		 FITNESS BALL "Gym"	 CORE & BALANCE "Gym"	 STRETCH "Spa"	 Live Music "CUBAN MUSIC"
SUNDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	
MEETING POINT	 RUNNING "Spa"	 PILATES "Spa"	 BUTTOCKS EXERCISES "Gym"	 AQUASTRETCH "Spa"	 POOL BIKE "Pool7thfloor"	 INFO SPORT "Spa"	 ABS EXERCISES "Gym"	 YOGA "Spa"	

\* 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 recomend be part of the activities if you are not fisic healthy or have any healthy concerns