



ACTIVITIES CALENDAR 08-14 JANUARY

	MORNING			MIDDAY			AFTERNOON			
MONDAY	8:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 WALKING + YOGA "Reception"	 ALOE VERA WORKSHOP "Spa"	 CELLULITE EXERCISES "Spa"	 POOL BIKE "Pool7thFloor"	 AQUASTRETCH "SunsetPool"	 ABS EXERCISES "Gym"	 YOGA NIDRA "GreenRoom"	 CIRCUIT TRAINING "Gym"	 4km. WALKING "Spa"	 PILATES "Cristalarium"
TUESDAY		9:00	11:30	12:15	13:00	14:00	15:00	16:00		
MEETING POINT		 8KM WALKING "Reception"	 OXYGEN MEDITATION "Spa"	 AQUASTRETCH "SunsetPool"	 YOGA NIDRA "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 AYURVEDA WORKSHOP "Spa"	 YOGA For Golfers "Spa"		
WEDNESDAY		9:00	11:30	12:00	13:00	14:00 - 16:00		16:00		
MEETING POINT		 YOGA+MEDITATION+ DETOX TEA "Spa"	 YOGA NIDRA "Spa"	 AQUASTRETCH "SunsetPool"	 ALOE VERA WORKSHOP "Spa"	 MEDITATION+ AYURVEDA "Spa"		 YIN YOGA "Spa"		
THURSDAY	8:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00-19:00	
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT	 WALKING + YOGA "Reception"	 MEDITACIÓN "Spa"	 BIKE TOUR + SPA 35€ "Spa"	 AQUASTRETCH "SunsetPool"	 OXYGEN MEDITATION "Spa"	 TRX "Gym"	 YOGA NIDRA "GreenRoom"	 PILATES "Spa"	 8KM WALKING "Reception"	
FRIDAY	8:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00 - 19:00	
MEETING POINT	 YOGA+MEDITATION +DETOX TEA "Spa"	 CAMEL SAFARI 12€	 CELLULITE EXERCISES "Spa"	 AQUAGYM "SunsetPool"	 MEDITACIÓN "Cristalarium"	 CIRCUIT TRAINING "Gym"	 YOGA For Golfers "Reception"	 TRX "Gym"	 8KM WALKING "Reception"	
SATURDAY		9:00	10:00	11:00	12:00		14:00	15:00		16:00
MEETING POINT		 SUN SALUTATION "Cristalarium"	 PILATES "Spa"	 TRX "Gym"	SPRUNCH Relax YOGA+ BRUNCH + SPA 35€ "SpaPool"		 STRETCH "Cristalarium"	 ABS EXERCISES "Gym"		 PILATES "Cristalarium"
SUNDAY		9:00	10:00	11:00	12:30		14:00	15:00		16:00
MEETING POINT		 4 km. Walking "Reception"	 TRX "Gym"	 BUTTOCKS EXERCISES "Gym"	 POOL BIKE "Pool7thFloor"		 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"		 YOGA "Cristalarium"