



# ACTIVITIES CALENDAR 19-25 FEBRUARY

	MORNING			MIDDAY			AFTERNOON					
MONDAY	8:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00	18:00	21:00-23:00	
<b>FAMILY WELLNESS DAY</b> 11:00-13:00h. 13€/pax MEETING POINT	 8KM WALKING "Spa"	 "Cristalarium" "Spa"	 ALOE VERA WORKSHOP "Spa"	 POOL BIKE "Pool7thFloor"	 AQUASTRETCH "SpaPool"	 CELLULE "Spa"	 OXYGEN MEDITATION "Spa"	 CIRCUIT TRAINING "Gym"	 TRX "Gym"	 STRETCH "Cristalarium"	 LIVE MUSIC TWIN UP	
TUESDAY		9:00	11:00	12:00	13:00	14:00	15:00				21:00-23:00	
MEETING POINT		 YOGA+MEDITATION+ DETOX TEA "Spa"	 AYURVEDA WORKSHOP "Spa"	 AQUASTRETCH "SpaPool"	 OXYGEN MEDITATION "Spa"	 ALOE VERA WORKSHOP "Spa"	 WALKING+YOGA "Spa"				 LIVE MUSIC DIVAS UNPLUGGED	
WEDNESDAY		9:00	11:30	12:00	13:00	14:00	15:00				21:00-23:00	
MEETING POINT		 WALKING+YOGA "Spa"	 ALOE VERA WORKSHOP "Spa"	 AQUASTRETCH "SunsetPool"	 YOGA NIDRA "Spa"	 "Cristalarium" "Spa"	 8KM WALKING "Spa"				 LIVE MUSIC TRIO CONTRATES	
THURSDAY	8:00	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00	21:00-23:00	
<b>FAMILY WELLNESS DAY</b> 14:00-16:00h. 13€/pax MEETING POINT	 YOGA "Spa"	 BUTTERFLY "Gym"	 4KM WALKING "Reception"	 AYURVEDA WORKSHOP "Spa"	 POOL BIKE "Pool7thFloor"	 AQUASTRETCH "SpaPool"	 OXYGEN MEDITATION "Spa"	 TRX "Gym"	 YOGA NIDRA "Spa"	 8KM WALKING "Spa"	 LIVE MUSIC DUO GRAVE	
FRIDAY	8:00	9:00	10:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00	19-21	
MEETING POINT	 SUN MEDITATION "Spa"	 FITNESS HALL "Spa"	 PILATES "Spa"	 "Cristalarium" "Spa"	 AQUAGYM "7thFloorPool"	 OXYGEN MEDITATION "Spa"	 CELLULE "Spa"	 CIRCUIT TRAINING "Gym"	 4KM WALKING "Reception"	 YOGA+MEDITATION+ DETOX TEA "Spa"	 LIVE MUSIC SOUL VOICE	
SATURDAY		9:00	10:00	11:00	12:00			13:00	14:00	15:00	16:00	21:00-23:00
MEETING POINT		 YOGA "Spa"	 CORE & BALANCE "Gym"	 STRETCH "Green11Floor"	<b>SPRUNCH Relax</b> YOGA+ Brunch + SPA 35€ "SpaPool"			 CELLULE "Spa"	 FUSION "Spa"	 TRX "Gym"	 4KM WALKING "Reception"	 LIVE MUSIC PIANO JAZZ
SUNDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00			21:00-23:00	
MEETING POINT		 SUN MEDITATION "Spa"	 OUTDOOR FITNESS "Reception"	 PILATES "Spa"	 POOL BIKE "Pool7thFloor"	 CELLULE "Spa"	 STRETCH "Green11Floor"	 8KM WALKING "Spa"				 LIVE MUSIC TWIN UP

