



ACTIVITIES CALENDAR

Week 10 to 16 October

	MORNINGS				MIDDAY			AFTERNOON			
MONDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
	 SUN SALUTATION "Spa"	 INFO SPORT "Gofio"	 OUTDOOR FITNESS "Reception"	 FITNESS BALL "Cristalarium"	 POOL BIKE "Pool 4th floor"	 AQUAICHI "Spa Pool"	 CELLULITE EXERCISES "Spa"	 ALOE VERA WORKSHOP "Spa"	 STRETCH "Foyer"	 BUTTOCKS EXERCISES "Cristalarium"	 ALIGN YOUR CHAKRAS "Green 11 floor"
TUESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 RUNNING "Reception"	 STRETCH "Green11 floor"	 TRX "Cristalarium"	 AQUAGYM "Pool 7th floor"	 INFO SPORT "Spa"	 ABS EXERCISES "Cristalarium"	 CORE & BALANCE "Cristalarium"	 YOGA "Green 11 floor"		
WEDNESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 BUTTOCKS EXERCISES "Cristalarium"	 OUTDOOR FITNESS "Spa"	 POOL BIKE "Pool 4th floor"	 CELLULITE EXERCISES "Spa"	 INFO SPORT "Spa"	 FITNESS BALL "Cristalarium"	 YOGA "Cristalarium"		
THURSDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
Aloe Wellness Family. 18:30-20:00h 13€/pax MEETING POINT	 YOGA "Spa"	 CORE & BALANCE "Gym"	 HIKING 8km 10€ "Reception"	 STRETCH "Cristalarium"	 AQUAICHI "Spa Pool"	 POOL BIKE "Pool 4 floor"	 ALOE VERA WORKSHOP "Spa"	 BUTTOCKS EXERCISES "Cristalarium"	 FITNESS BALL "Gym"	 PILATES "Cristalarium"	 THAI CHI "Green 11 floor"
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	 SUN SALUTATION "Spa"	 RUNNING "Reception"	 ABS EXERCISES "Cristalarium"	 TRX "Cristalarium"	 POOL BIKE "Pool 7th floor"	 AQUAICHI "Spa Pool"	 CORE & BALANCE "Foyer"	 PILATES "Cristalarium"	 CELLULITE EXERCISES "Spa"	 OUTDOOR FITNESS "Reception"	 YOGA "Green11 floor"
SATURDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 YOGA "Spa"	 STRETCH "Cristalarium"	 CELLULITE EXERCISES "Spa"	 AQUAICHI "Spa Pool"	 ALOE VERA WORKSHOP "Spa"	 INFO SPORT "Spa"	 FITNESS BALL "Cristalarium"	 ALIGN YOUR CHAKRAS "Green 11 Floor"		
SUNDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 BUTTOCKS EXERCISES "Cristalarium"	 CORE & BALANCE "Foyer"	 POOL BIKE "Pool 4th floor"	 CELLULITE EXERCISES "Spa"	 INFO SPORT "Spa"	 YOGA "Cristalarium"	 MEDITACION "Green11 floor"		

Every Day: KAYAK, SCUBA DIVING, SNORKELLING, PADDLE, WINDSURF...(Previous booking in Aloe Wellness) Thursday: Transfer Amadores Beach Club (shuttle bus 9:45, 10:30, 11:30) +info Reception