



ACTIVITIES CALENDAR

Week 16-22 January

	MORNINGS				MIDDAY			AFTERNOON			
MONDAY	8:00	9:00	9:45	10:50	12:00	13:15	14:00	15:00	16:00	17:00	18:00
MEETING POINT	 SUN SALUTATION "Spa"	 OUTDOOR EXERCISES "Reception"	 BIKE TOUR "Spa" 25€	 CAMEL SAFARI "Spa" 12€	 INFO SPORT "Spa"	 AQUAYOGA "Sunset Pool"	 STRETCH "Foyer"	 FITNESS BALL "Gym"	 ALOE VERA WORKSHOP "Spa"	 THAI CHI "Green 11floor"	 ALIGN YOUR CHACRAS "Cristalarium"
TUESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
FAMILY WELLNESS DAY 11:00-12:30h 13€/pax MEETING POINT		 YOGA "Spa"	 RUNNING "Reception"	 TRX "Cristalarium"	 POOL BIKE "Pool 7thfloor"	 CELLULITE EXERCISES "Spa"	 ABS EXERCISES "Gym"	 CORE & BALANCE "Foyer"	 YOGA "Foyer"		
WEDNESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Gofio"	 NORDIC WALKING "4km Spa"	 CELLULITE EXERCISES "Spa"	 AQUAICHI "Sunset Pool"	 ALOE VERA WORKSHOP "Spa"	 CIRCUIT TRAINING "Gym"	 ALIGN YOUR CHACRAS "Cristalarium"		
THURSDAY	8:00	9:00	9:45	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
FAMILY WELLNESS DAY 17:00-18:30h 13€/pax MEETING POINT	 YOGA "Spa"	 PILATES "Cristalarium"	 CAMEL SAFARI "Spa" 12€	 BUTTOCKS EXERCISES "Spa"	 AQUAYOGA "Sunset Pool"	 CELLULITE EXERCISES "Spa"	 FUSION "Spa"	 STRETCH "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 ABS EXERCISES "Gym"	 SUNSET WALKING "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	 SUN SALUTATION "Spa"	 NORDIC WALKING "4km Spa"	 BIKE TOUR "Spa"25€	 ALOE VERA WORKSHOP "Spa"	 AQUAICHI "Sunset Pool"	 PILATES "Cristalarium"	 CIRCUIT TRAINING "Gym"	 CELLULITE EXERCISES "Spa"	 THAI CHI "Cristalarium"	 CORE & BALANCE "Foyer"	 MEDITACIÓN "Green11FI"
SATURDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 YOGA "Spa"	 CORE & BALANCE "Foyer"	 TRX "Cristalarium"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 FUSION "Spa"	 FITNESS BALL "Gym"	 STRETCH "Green11Floor"		
SUNDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 BUTTOCKS EXERCISES "Foyer"	 PILATES "Gym"	 CORE & BALANCE "Foyer"	 ALOE VERA WORKSHOP "Spa"	 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 ALIGN YOUR CHACRAS "Cristalarium"		

