



ACTIVITIES CALENDAR 14- 20 AUGUST

	MORNING			MIDDAY			AFTERNOON				
MONDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:15
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 YOGA "Cristalarium"	 MEDITACIÓN "Spa"	 INFO SPORT "Spa"	 Camel Safari 12€"Spa"	 AQUASTRETCH "Pool11thFloor"	 WATER GAMES "Kids club"	 FUSION spa&sport&spirit"Spa"	 ALOE VERA WORKSHOP "Spa"	 POOL BIKE "Pool4th Floor"	 CELLULITE EXERCISES "Spa"	 PILATES "Green11floor"
TUESDAY	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"	 FITNESS BALL "Gym"	 CIRCUIT TRAINING "Gym"	 CELLULITE EXERCISES "Spa"	 AQUAGYM "Pool7thFloor"	 WATER GAMES "Kids Club"	 AQUASTRETCH "Pool11thfloor"	 ABS EXERCISES "Spa"	 MEDITACIÓN "Gym"	 YIN YOGA "Green11th floor"	 4 km. walking "Reception"
WEDNESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 AYURVEDA WORKSHOP "Cristalarium"	 YOGA "GymTerrace"	 AQUASTRETCH "Pool 11th floor"	 YOGA FOR KIDS "KidsClub"	 ALIGN YOUR CHACRAS "Spa"	 FUSION spa&sport&spirit"Spa"	 MEDITACIÓN "Spa"		
THURSDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT		 MEDITACIÓN "Spa"	 ABS EXERCISES "Gym"	 INFO SPORT "Spa"	 YOGA NIDRA "Green11th floor"	 WATER GAMES "Kids club"	 FUSION spa&sport&spirit"Spa"	 AQUASTRETCH "SpaPool"	 ALOE VERA WORKSHOP "Spa"		
FRIDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
SPA NIGHT 21:00-23:00h. 35€/pax	 SUN SALUTATION "Spa"	 YOGA NIDRA "Green11th floor"	 BUTTOCKS EXERCISES "Gym"	 Camel Safari "Spa"	 AQUASTRETCH "Pool 11th floor"	 WATER GAMES "Kids Club"	 MEDITACIÓN "Spa"	 FITNESS BALL "Gym"	 AQUASTRETCH "Spa pool"	 STRETCH "Green11floor"	 8 Km. Walking "Reception"
SATURDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 YOGA "Spa"	 FITNESS BALL "Gym"	 TRX "Gym"	 YOGA FOR KIDS "KidsClub"	 POOL BIKE "Pool4thFloor"	 CELLULITE EXERCISES "Spa"	 CORE & BALANCE "Gym"	 AQUASTRETCH "SpaPool"		
SUNDAY		9:00	10:00	11:00	12:15	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 TRX "Gym"	 PILATES "Gym"	 POOL BIKE "Pool4thFloor"	 WATER GAMES "Kids Club"	 FUSION spa&sport&spirit"Spa"	 CELLULITE EXERCISES "Spa"	 YOGA "Spa"		

