



ACTIVITIES CALENDAR 16-22 OCTOBER

	MORNING			MIDDAY			AFTERNOON				
	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
MONDAY											
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 OUTDOOR FITNESS "Reception"	 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 AYURVEDA WORKSHOP "Cristalarium"	 POOL BIKE "Pool4thFloor"	 Spa&Sport&Spirit "Spa"	 YOGA NIDRA "Cristalarium"	 TRX "Gym"	 AQUASTRETCH "SpaPool"	 MEDITACIÓN "Spa"	 INFO SPORT "Spa"
TUESDAY											
MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 MEDITACIÓN "Spa"	 AQUAGYM "Pool7thFloor"	 ALIGN YOUR CHACRAS "Spa"	 ALOE VERA WORKSHOP "Spa"	 AQUASTRETCH "SunsetPool"	 AYURVEDA WORKSHOP "Spa"	 TRX "Gym"	 STRETCH "Gymterrace"
WEDNESDAY											
MEETING POINT	 YOGA "Cristalarium"	 ALIGN YOUR CHACRAS "Spa"	 INFO SPORT "Spa"	 STRETCH "Gymterrace"	 POOL BIKE "Pool4thFloor"	 AQUASTRETCH "SpaPool"	 MEDITACIÓN "Spa"	 ABS EXERCISES "Gym"	 PILATES "Gym"	 CIRCUIT TRAINING "Gym"	 4 km. Walking "Reception"
THURSDAY											
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 CELLULITE EXERCISES "Spa"	 AQUASTRETCH "SpaPool"	 MEDITACIÓN "Spa"	 AYURVEDA WORKSHOP "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 4 km. Walking "Reception"		
FRIDAY											
		 ALIGN YOUR CHACRAS "Spa"	 INFO SPORT "Spa"	 CELLULITE EXERCISES "Spa"	 AQUASTRETCH "SpaPool"	 MEDITACIÓN "Cristalarium"	 YOGA NIDRA "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 YIN YOGA "GymTerrace"		
SATURDAY											
MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 CELLULITE EXERCISES "Spa"	 POOL BIKE "Pool4thFloor"	 Spa&Sport&Spirit "Spa"	 PILATES "Gym"	 CIRCUIT TRAINING "Gym"	 STRETCH "Gymterrace"		
SUNDAY											
MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 CELLULITE EXERCISES "Spa"	 AQUAGYM "Pool7thFloor"	 Spa&Sport&Spirit "Spa"	 ABS EXERCISES "Gym"	 TRX "Gym"	 4 km. Walking "Reception"		

