



ACTIVITIES CALENDAR 19-25 JUNE

	MORNING			MIDDAY			AFTERNOON	
MONDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
FAMILY WELLNESS DAY 11:00-13:00h. 13€/pax MEETING POINT	 YOGA "Spa"	 CORE & BALANCE "Gym"	 TRX "Gym"	 AQUAGYM "Pool7thFloor"	 Golf Initiation "Golf Academy"	 CELLULITE EXERCISES "Spa"	 PILATES "Gym"	 STRETCH "Green11Floor"
TUESDAY	9:00	10:15	11:15	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 HIKING 4km "Reception"	 INFO SPORT "Gofio"	 ABS EXERCISES "Gym"	 AQUAYOGA "SpaPool"	 POOL BIKE "Pool4thFloor"	 FUSION "Spa"	 FITNESS BALL "Gym"	 CELLULITE EXERCISES "Spa"
WEDNESDAY	MEET US AT THE SPA TO BOOK MORE ACTIVITIES!!!							
		 WINDSURF From 45 €	 HIKING From 55 €	 DIVING Form 30 €	 DOLPHIN From 27 €	 PADDLE SURF Frfrom 45 €	 HIKING From 55 €	
THURSDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	
FAMILY WELLNESS DAY 14:00-16:00h. 13€/pax MEETING POINT	 SUN SALUTATION "Spa"	 CAMEL SAFARI "Reception"12	 INFO SPORT "Spa"	 AQUAGYM "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 ALOE VERA WORKSHOP "Spa"	 CIRCUIT TRAINING "Gym"	 YOGA "Spa"
FRIDAY	9:00	10:00	11:15	12:00	13:00	14:00	15:00	16:00
	 YOGA "Spa"	 Power Walking "Spa" 4km	 PILATES "Spa"	 POOL BIKE "Pool4thFloor"	 FUSION "Spa"	 FITNESS BALL "Gym"	 CELLULITE EXERCISES "Spa"	 STRETCH "Green11Floor"
SATURDAY	MEETING POINT							
		 CAMEL SAFARI 12€	 KAYAK From 30 €	 DOLPHIN From 27 €	 PADDLE SURF From 45 €	 WINDSURF From 45 €	 HIKING From 55 €	
SUNDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEET US AT THE SPA TO BOOK MORE ACTIVITIES!!	 SUN SALUTATION "Spa"	 STRETCH "Green11Floor"	 CORE & BALANCE "Gym"	 AQUAYOGA "SpaPool"	 ABS EXERCISES "Gym"	 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	