



Activities Calendar 20-26 NOVEMBER

				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"	 OUTDOOR FITNESS "Reception"	 ABS EXERCISES "Gym"	 AQUASTRETCH "SpaPool"	 FUSION SpaSport&Spirit "Spa"	 CORE & BALANCE "Gym"	 TRX "Gym"	 4km walking "Reception"
TUESDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 BUTTOCKS EXERCISES "Cristalarlum"	 PILATES "Cristalarlum"	 POOL BIKE "Pool4thfloor"	 CELLULITE EXERCISES "Spa"	 FITNESS BALL "Gym"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green11floor"
WEDNESDAY	Book more activities in Be Aloe Spa							
MEETING POINT		 WINDSURF from 55€	 KAYAK from 50€	 HIKING from 50€	 DIVING from 80€	 DOLPHIN from 35€		
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	 SUN SALUTATION "Spa"	 4km walking "Reception"	 TRX "Gym"	 AQUAGYM "Pool7thfloor"	 FUSION SpaSport&Spirit "Spa"	 CELLULITE EXERCISES "Spa"	 FITNESS BALL "Gym"	 YOGA "Cristalarlum"
FRIDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 YOGA "Spa"	 OUTDOOR FITNESS "Reception"	 CORE & BALANCE "Gym"	 AQUASTRETCH "SpaPool"	 CELLULITE EXERCISES "Spa"	 BUTTOCKS EXERCISES "Cristalarlum"	 PILATES "Cristalarlum"	 STRETCH "Green11floor"
SATURDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 4km walking "Reception"	 CELLULITE EXERCISES "Spa"	 POOL BIKE "Pool4thfloor"	 FUSION SpaSport&Spirit "Spa"	 CIRCUIT TRAINING "Gym"	 ABS EXERCISES "Gym"	 YOGA "Cristalarlum"
SUNDAY	Book more activities in Be Aloe Spa							
MEETING POINT		 KAYAK from 50€	 WINDSURF from 55€	 DOLPHIN from 50€	 PADDLE SURF from 50€	 Camel safari 12€		

