



ACTIVITIES CALENDAR 21- 27 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	 4 Km. Walking "Reception"	 SUN SALUTATION "Spa"	 Camel Safari 12€ "Spa"	 AQUASTRETCH "Pool11thFloor"	 POOL BIKE "Pool4thFloor"	 WATER GAMES "Kids club"	 FUSION spa&sport&spirit "Spa"	 ALOE VERA WORKSHOP "Spa"	 ALIGN YOUR CHACRAS "Spa"	 YOGA "Cristalarium"	 MEDITACIÓN "Spa"
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"	 AYURVEDA WORKSHOP "Cristalarium"	 MEDITACIÓN "Spa"	 YIN YOGA "GymTerrace"	 4 Km. Walking "Reception"
WEDNESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 YOGA "Spa"	 AYURVEDA WORKSHOP "Cristalarium"	 YOGA "GymTerrace"	 AQUASTRETCH "Pool 11th floor"	 YOGA FOR KIDS "KidsClub"	 ALIGN YOUR CHACRAS "Spa"	 CELLULITE EXERCISES "Spa"	 MEDITACIÓN "Spa"		
THURSDAY				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"	 YIN YOGA "Green11th floor"	 WATER GAMES "Kids club"	 INFO SPORT "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	 YOGA "Spa"	 4 Km. Walking "Reception"	 Camel Safari 12€ "Spa"	 YIN YOGA "Green11th floor"	 AQUAGYM "Pool7thFloor"	 WATER GAMES "Kids Club"	 ALOE VERA WORKSHOP "Spa"	 AQUASTRETCH "Spa pool"	 MEDITACIÓN "Spa"	 STRETCH "Green11floor"	 4 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"	 POOL BIKE "Pool4thFloor"	 YOGA FOR KIDS	 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"	 INFO SPORT "Spa"	 PILATES "Gym"	 POOL BIKE "Pool4thFloor"	 WATER GAMES "Kids Club"	 FUSION spa&sport&spirit "Spa"	 CELLULITE EXERCISES "Spa"	 YOGA "Spa"		

