



ACTIVITIES CALENDAR

Week 28 Nov to 4 Dec

	MORNINGS			MIDDAY		AFTERNOON		
MONDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 YOGA "Spa"	 BUTTOCKS EXERCISES "Cristalarium"	 FITNESS BALL "Gym"	 AQUAYOGA "Sunset Pool"	 ALOE VERA WORKSHOP "Spa"	 CELLULITE EXERCISES "Spa"	 ABS EXERCISES "Gym"	 STRETCH "Cristalarium"
TUESDAY								
DAILY. Previous booking at Aloe Wellness		 PADDLE SURF from 45€	 KAYAK from 45€	 DOLPHIN from 32€	 HIKING from 55€	 DIVING from 45€	 WINDSURF from 55€	
WEDNESDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 MEDITACION "Spa"	 INFO SPORT "Spa"	 ALOE VERA WORKSHOP "Spa"	 AQUAYOGA "Sunset Pool"	 CELLULITE EXERCISES "Spa"	 PILATES "Cristalarium"	 CORE & BALANCE "Gym"	 YOGA "Green11floor"
THURSDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
Aloe Wellness Family. 17:30-19:00 h. 13€/pax MEETING POINT	 SUN SALUTATION "Green 11floor"	 PILATES "Spa"	 CAMEL SAFARI "Reception" 12€	 INFO SPORT "Spa"	 ABS EXERCISES "Cristalarium"	 CELLULITE EXERCISES "Spa"	 ALIGN YOUR CHACRAS "Cristalarium"	 MOON SALUTATION "Green11floor"
FRIDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 FITNESS BALL "Gym"	 ABS EXERCISES "Cristalarium"	 AQUAYOGA "Sunset Pool"	 CELLULITE EXERCISES "Spa"	 CORE & BALANCE "Cristalarium"	 BUTTOCKS EXERCISES "Foyer"	 AQUAYOGA "Sunset Pool"
SATURDAY								16:00
DAILY. Previous booking at Aloe Wellness		 DOLPHIN "from 32€"	 WINDSURF "from 55€"	 KAYAK "from 45€"	 PADDLE SURF "from 45€"	 HIKING "from 55€"	 DIVING "from 55€"	 BEAUTY TIPS "Spa"
SUNDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 YOGA "Spa"	 STRETCH "Foyer"	 CORE & BALANCE "Cristalarium"	 AQUAYOGA "Sunset Pool"	 ABS EXERCISES "Gym"	 CELLULITE EXERCISES "Spa"	 FITNESS BALL "Cristalarium"	 ALIGN YOUR CHACRAS "Green 11th Floor"

Every Day: KAYAK, SCUBA DIVING, SNORKELLING, PADDLE, WINDSURF...(Previous booking in Aloe Wellness) Thursday: Transfer Amadores Beach Club (shuttle bus 9:45, 10:30, 11:30) +info Reception