



ACTIVITIES CALENDAR

(Week 18-07-16/24-07-16)

	MORNINGS				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	 MEETING POINT	 YOGA "Spa"	 RUNNING "Reception"	 INFO SPORT "Spa"	 THAI CHI "Cristalarium"	 AQUAGYM "Pool 7thFloor"	 BEAUTY TIPS "Spa"	 MEDITACION "Spa"	 ABS Exercises "Gym"	 QI GONG "Poolbar 11th floor"	 KARMA CLEANSING "Spa" 15€	 YOGA "Cristalarium"
TUESDAY	 MEETING POINT		 SUN SALUTATION "Spa"	 INFO SPORT "Spa"	 STRETCH "Spa"	 THAI CHI "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 ALIGN YOUR CHACRAS "Cristalarium"	 YOGA "Cristalarium"	 WALKING WORKOUT "Spa"		
WEDNESDAY	 MEETING POINT		 ALOE VERA DETOX SHOT "Gofio"	 BODY BALANCE "Spa"	 CELLULITE Exercises "Spa"	 BODY Tips "Spa"	 INFO SPORT "Spa"	 THAI CHI "Cristalarium"	 YOGA "Cristalarium"	 QI GONG "Poolbar 11th Floor"		
THURSDAY	 MEETING POINT	 YOGA "Spa"	 BIKE TOUR "Reception"25€	 QI GONG "Poolbar 11thfloor"	 AQUAGYM "Pool 7th floor"	 COLOUR MEDITATION "Spa"	 STRETCH "Cristalarium"	 TRX "Foyer"	 WALKING WORKOUT "Camaleón"	 THAI CHI "Cristalarium"	 YOGA "Poolbar 11thfloor"	
FRIDAY	 MEETING POINT	 SUN SALUTATION "Spa"	 OUTDOOR FITNESS "Reception"	 INFO SPORT "Spa"	 BEAUTY TIPS "Spa"	 AQUAGYM "Pool 7th floor"	 BUTTOCKS Exercises "Cristalarium"	 STRETCH "Poolbar 11th floor"	 FITNESS BALL "Cristalarium"	 KARMA CLEANSING "Spa" 15€		
SATURDAY	 MEETING POINT		 INFO SPORT "Spa"	 INFO SPORT "Spa"	 AQUAGYM "Poolbar 11thfloor"	 ALOE VERA WORKSHOP "Spa"	 ABS Exercises "Gym"	 CORE & BALANCE "Cristalarium"	 YOGA "Cristalarium"			
SUNDAY	 MEETING POINT	 SUN SALUTATION "Spa"	 NORDIC Walking "Spa"	 GYM WORKOUT "Gym"	 Water Legs Exercises "Pool 7th floor"	 INFO SPORT "Spa"	 FITNESS BALL "Cristalarium"	 YOGA "Cristalarium"	 STRETCH "Poolbar 11thfloor"			

Every Day: KAYAK, SCUBA DIVING, SNORKELLING, PRIVATE BOAT, STAND UP PADDLE, WINDSURF, HIKING IN GRAN CANARIA (Previous booking in Aloe Wellness)

