



# ACTIVITIES CALENDAR 17-23 APRIL

	MORNING				MIDDAY			AFTERNOON			
MONDAY	8:00	9:15	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
<b>FAMILY WELLNESS DAY</b> 11:00-13:00h. 13€/pax MEETING POINT	 SUN SALUTATION "Spa"	 MEDITACIÓN "Spa"	 STRETCH "Gym"	 PowerWalking "Spa" 4km	 AQUAYOGA "SunsetPool"	 AQUAGYM "Pool7thFloor"	 ALOE VERA WORKSHOP "Spa"	 FUSION "Spa"	 ABS EXERCISES "Gym"	 CELLULITE EXERCISES "Spa"	 YOGA "Spa"
TUESDAY		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"	 AQUAGYM "Pool7thFloor"	 FUSION "Spa"	 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Gym"	 STRETCH "Green11Floor"		
WEDNESDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 TRX "Gym"	 PILATES "Gym"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 AQUAYOGA "SunsetPool"	 CORE & BALANCE "Gym"	 YOGA "Spa"		
THURSDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	17:45
<b>FAMILY WELLNESS DAY</b> 14:00-16:00 h. 13€/pax MEETING POINT	 SUN SALUTATION "Spa"	 ABS EXERCISES "Gym"	 INFO SPORT "Spa"	 STRETCH "Cristalarium"	 ALOE VERA WORKSHOP "Spa"	 AQUAGYM "Pool7thFloor"	 MEDITACIÓN "Spa"	 CIRCUIT TRAINING "Gym"	 CELLULITE EXERCISES "Spa"	 FUSION "Spa"	 SUNSET WALKING "Spa"
FRIDAY	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
MEETING POINT	 ALIGN YOUR CHACRAS "Spa"	 OUTDOOR FITNESS "Reception"	 CAMEL SAFARI "Reception"12	 ABS EXERCISES "Gym"	 POOL BIKE "Pool7thFloor"	 ALOE VERA WORKSHOP "Spa"	 CELLULITE EXERCISES "Spa"	 MEDITACIÓN "Spa"	 PILATES "Spa"	 CORE & BALANCE "Gym"	 YOGA "Spa"
SATURDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 MEDITACIÓN "Spa"	 FITNESS BALL "Gym"	 ABS EXERCISES "Spa"	 AQUAGYM "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 ALOE VERA WORKSHOP "Spa"	 CIRCUIT TRAINING "Gym"	 FUSION "Spa"		
SUNDAY		9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00		
MEETING POINT		 SUN SALUTATION "Spa"	 ALOE VERA WORKSHOP "Spa"	 PILATES "Green11Floor"	 AQUAYOGA "SunsetPool"	 STRETCH "Cristalarium"	 ALIGN YOUR CHACRAS "Spa"	 ABS EXERCISES "Gym"	 CELLULITE EXERCISES "Spa"		