



# ACTIVITIES CALENDAR 20-26 March

	MORNING			MIDDAY			AFTERNOON	
MONDAY	9:00	10:00	10:45	12:00	13:00	14:00	15:00	16:00
<b>FAMILY WELLNESS DAY</b> 11:00-13:00h. 13€/pax MEETING POINT	 YOGA "Yoga"	 MORNING WALKING 4km "Spa"	 PILATES "Cristalarium"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 FUSION "Spa"	 CIRCUIT TRAINING "Gym"	 AQUAYOGA "SunsetPool"
TUESDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 FITNESS BALL "Gym"	 ALOE VERA WORKSHOP "Spa"	 AQUAGYM "Pool7thFloor"	 FUSION "Spa"	 CELLULITE EXERCISES "Spa"	 TRX "Cristalarium"	 YOGA "Cristalarium"
WEDNESDAY								
		 WINDSURF From 55€	 KAYAK From 45€	 PADDLE SURF From 45€	 DIVING From 55€	 DOLPHIN From 30€	 HIKING From 40€	
THURSDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
<b>FAMILY WELLNESS DAY</b> 14:00-16:00 h. 13€/pax MEETING POINT	 YOGA "Cristalarium"	 CORE & BALANCE "Gym"	 TRX "Cristalarium"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 STRETCH "Spa"	 PILATES "Cristalarium"	 AFTERNOON WALKING "Spa"
FRIDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 FITNESS BALL "Cristalarium"	 OUTDOOR FITNESS "Reception"	 AQUAGYM "Pool7thFloor"	 POOL BIKE "Pool7thFloor"	 CELLULITE EXERCISES "Spa"	 CIRCUIT TRAINING "Spa"	 YOGA "Spa"
SATURDAY								
		 WINDSURF From 55€	 KAYAK From 45€	 PADDLE SURF From 45€	 DIVING From 55€	 DOLPHIN From 30€	 HIKING From 40€	
SUNDAY	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
MEETING POINT	 SUN SALUTATION "Spa"	 MORNING WALKING 4km "Spa"	 TRX "Cristalarium"	 AQUAGYM "Poo7thFloor"	 STRETCH "Cristalarium"	 CELLULITE EXERCISES "Spa"	 CORE & BALANCE "Gym"	 AQUAYOGA "Pool11Floor"