





























































# Activity calendar 10-16 December/Diciembre

	MAÑANA MORNING			MEDIODÍA MIDDAY			TARDE AFTERNOON		NOCHE NIGHT
<b>FAMILY WELLNESS DAY</b> 11:00-13:00 13€/PAX LUNES MONDAY	9:00 - Be Aloe <b>SUN SALUTATION</b> 	10:00 - Be Aloe <b>4km WALKING</b> 	11:00 -Gym <b>FITBALL Exercises</b> 	12:00 - Pool7floor <b>POOL BIKE</b> 	14:00 - Be Aloe <b>AQUATRECH</b> 	15:00 - Gym <b>CIRCUIT TRAINING</b> 	16:00 - Gym <b>ABS Exercise</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 	
<b>MARTES</b> TUESDAY	9:00 - Be Aloe <b>YOGA</b> 	10:00 - Be Aloe <b>PILATES</b> 	11:30 - Be Aloe <b>CELLULITE</b> 	12:00 - Pool7floor <b>AQUAGYM</b> 	13:00 - Pro Shop <b>GOLF CLINIC 15 €</b> 	14:00 - Gym <b>FITBALL Exercises</b> 	15:00 -Gym <b>BUTTOCKS</b> 	16:00 - Be Aloe <b>ALOE VERA WORKSHOP</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>MIÉRCOLES</b> WEDNESDAY	9:00 - Be Aloe <b>YOGA</b> 	10:00 - Be Aloe <b>PILATES</b> 	11:30 -Gym <b>CELLULITE</b> 	12:00 - Pool7floor <b>POOL BIKE</b> 	13:00 - Be Aloe <b>INFO SPORT</b> 	14:00 - Gym <b>ABS Exercises</b> 	15:00 - Gym <b>CORE &amp; BALANCE</b> 	16:00 -Green11Floor <b>STRETCH</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>FAMILY WELLNESS DAY</b> 14:00-16:00 13€/PAX JUEVES THURSDAY	9:00 - Be Aloe <b>SUN SALUTATION</b> 	10:00 - Be Aloe <b>4km WALKING</b> 	11:30 -Be Aloe <b>CELLULITE</b> 	12:00 - Pool7floor <b>AQUAGYM</b> 	13:00 - Be Aloe <b>INFO SPORT</b> 	14:00 - Gym <b>CIRCUIT TRAINING</b> 	15:00 - Gym <b>CORE &amp; BALANCE</b> 	16:00 -Be Aloe <b>YOGA</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>VIERNES</b> FRIDAY	9:00 - Be Aloe <b>YOGA</b> 	10:00 - Gym <b>FITBALL Exercises</b> 	11:30 - Be Aloe <b>CELLULITE</b> 	12:00 - Pool7floor <b>POOL BIKE</b> 	13:00 - Be Aloe <b>INFO SPORT</b> 	14:00 - Gym <b>TRX</b> 	15:00 - Be Aloe <b>AQUASTRETCH</b> 	16:00 -Green11Floor <b>STRETCH</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>SÁBADO</b> SATURDAY	9:00 - Be Aloe <b>SUN SALUTATION</b> 	10:00 - Be Aloe <b>4km WALKING</b> 	11:00 -Gym <b>BUTTOCKS</b> 	12:00 - Be Aloe <b>AQUASTRETCH</b> 	13:00 - Be Aloe <b>CELLULITE</b> 	14:00 - Gym <b>ABS Exercises</b> 	15:00 - Gym <b>TRX</b> 	16:00 - Be Aloe <b>PILATES</b> 	21:00 - The S Club <b>LIVE MUSIC</b> 
<b>DOMINGO</b> SUNDAY	<b>GOLF LESSONS</b> Proshop: 60€ 1 pax/ 80€ 2pax 		<b>KAYAK</b> From 50€ 	<b>DOLPHIN</b> From 35€ 	<b>HIKING</b> From 55€ 	<b>WINDSURF</b> From 55€ 	<b>DIVING</b> From 55€ 	21:00 - The S Club <b>LIVE MUSIC</b> 	

·El Hotel no se hace responsable de cualquier daño derivado de la práctica de estas actividades. Es responsabilidad del cliente y no se recomienda realizarlas en caso de no estar preparado físicamente o tener una alguna dolencia.  
The Hotel doesn't take any responsibilities of any damage part of the activities. The client is responsible and we don't recomend be part of the activities if you are not fisic healthy or have any healthy concerns.