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	MAÑANA MORNING			MEDIODÍA MIDDAY		TARDE AFTERNOON		NOCHE NIGHT	
 11:00-13:00 13 €/PAX LUNES MONDAY	9:00 - Spa Be Aloe SUN SALUTATION 		12:15 -Pool 7 Floor AQUAGYM 		13:00 - Spa Be Aloe INFO SPORT 	14:15 -Spa Be Aloe TAI CHI - CHI KUNG 	15:15 - Spa Be Aloe ALOE VERA WORKSHOP 	16:00- Spa Be Aloe ALOE WALKING 	21:00 - The S Club LIVE MUSIC 
MARTES TUESDAY	9:00 - Spa Be Aloe PILATES 	10:15 - GYM FITBALL EXERCISES 	11:00 - Pro Shop GOLF CLINIC 15€ 	12:00 - Pool 7 Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:15 -Spa Be Aloe AQUASTRETCH 	15:00 -GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe STRETCH + BALL MASSAGE 	21:00 - The S Club LIVE MUSIC 
MIÉRCOLES WEDNESDAY	9:00 - Spa Be Aloe YOGA 	10:00 - Spa Be Aloe WALKING 	11:30 - Spa Be Aloe CELLULITE 	12:15 -Pool 7 Floor AQUAGYM 	13:00 -Spa Be Aloe INFO SPORT 	14:00 - Spa Be Aloe ALOE VERA WORSHOP 	15:00 - GYM TRX + HIT 	16:00- Spa Be Aloe TAI CHI-CHI KUNG 	21:00 - The S Club LIVE MUSIC 
 14:00-16:00 €/PAX JUEVES THURSDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00 - Spa Be Aloe STRETCH 	11:30 -Spa Be Aloe BUTTOCKS EXERCISES 	12:15 -Pool 7 Floor POOL BIKE 	13:00 - Spa Be Aloe INFO SPORT 	14:15 - GYM CORE + HIT 	15:15 - Spa Be Aloe PILATES 	16:00- Spa Be Aloe AQUASTRETCH 	21:00 - The S Club LIVE MUSIC 
VIERNES FRIDAY	9:00 - Spa Be Aloe YOGA 	10:00 - Spa Be Aloe YOGA NIDRA 	11:30 - Spa Be Aloe CORE EXERCISES 	12:15-Spa Be Aloe AQUASTRETCH 	13:00 -Spa Be Aloe INFO SPORT 	14:00- Spa Be Aloe ALOE VERA WORKSHOP 	15:00 - GYM CIRCUIT TRAINING 	16:00- Spa Be Aloe YOGA 	21:00 - The S Club LIVE MUSIC 
SÁBADO SATURDAY	9:00 - Spa Be Aloe SUN SALUTATION 	10:00-Spa Be Aloe WALKING 		12:15-Spa Be Aloe AQUASTRETCH 	13:00-Spa Be Aloe INFO SPORT 	14:15 - GYM ARMS EXERCISES 	15:00-Spa Be Aloe SONOTHERAPY 	16:00- Spa Be Aloe YOGA 	21:00 - The S Club LIVE MUSIC 
DOMINGO SUNDAY	9:00 - Spa Be Aloe PILATES 	10:00-Spa Be Aloe YOGA 	11:30-Spa Be Aloe BUTTOCKS 	12:15 - Pool 7 Floor POOL BIKE 	13:00-Spa Be Aloe INFO SPORT 	14:15- Spa Be Aloe MEDITACIÓN+BALL MASSAGE 	15:00- Spa Be Aloe SOFTBALL EXERCISES 	16:00- Spa Be Aloe STRETCH 	21:00 - The S Club LIVE MUSIC 

•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.
 GOLF LESSONS EVERY DAY FROM 9 TO 17 60€/1 PAX 80€/2 PAX BOOKING: PROSHOP