



























































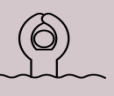










Activity calendar 08-14 October/Octubre

	MAÑANA MORNING			MEDIODÍA MIDDAY			TARDE AFTERNOON				NOCHE NIGHT	
FAMILY WELLNESS DAY 11:00-13:00 13 €/PAX LUNES MONDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Be Aloe 4km WALKING 	11:00 -Gym TRX 	12:00 - Pool7floor POOL BIKE 	14:00 - Gym CORE & BALANCE 	15:00 - Gym CIRCUIT TRAINING 	16:00 - Be Aloe STRETCH 				21:00 - The S Club LIVE MUSIC 	
MARTES TUESDAY	8:00 - Be Aloe RUNNING 	9:00 - Be Aloe PILATES 	10:00 - Gym BUTTOCKS 	11:30 - Be Aloe INFO SPORT 	12:00 - Pool7floor AQUAGYM 	13:00 - Pro Shop Golf Clinic 	14:00 - Be Aloe AQUASTRETCH 	15:00 - Gym ABS EXERCICES 			21:00 - The S Club LIVE MUSIC 	
MIÉRCOLES WEDNESDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4km WALKING 	11:30 - Be Aloe CELLULITE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 - Be Aloe AQUASTRETCH 	15:00 - Gym FITNESS BALL 	16:00 -Gym TRX 	9:00 - Be Aloe PILATES 	17:00 - Be Aloe TAI CHI 	21:00 - The S Club LIVE MUSIC 	
FAMILY WELLNESS DAY 14:00-16:00 13 €/PAX JUEVES THURSDAY	8:00 - Be Aloe RUNNING 	9:00 - Be Aloe PILATES 	10:00 -Gym BUTTOCKS 	11:30 - Be Aloe INFO SPORT 	12:00 - Pool7floor AQUAGYM 	13:00 - Be Aloe CELULITE 	14:00 - Gym CORE & BALANCE 	15:00 - Be Aloe STRETCH 			21:00 - The S Club LIVE MUSIC 	
VIERNES FRIDAY	9:00 - Be Aloe SUN SALUTATION 	10:00 - Gym FITNESS BALL 	11:30 - Be Aloe CELULITE 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe INFO SPORT 	14:00 -Be Aloe Aloe Vera Workshop 	15:00 - Gym TRX 	16:00 - Pool7Floor AQUAGYM 			21:00 - The S Club LIVE MUSIC 	
SÁBADO SATURDAY	9:00 - Be Aloe YOGA 	10:00 - Be Aloe 4km WALKING 	11:00 -Pool7Floor AQUAGYM 	12:00 - Be Aloe AQUASTRETCH 	13:00 - Be Aloe CELULITE 	14:00 - Gym CORE & BALANCE 	15:00 - Gym CIRCUIT TRAINING 	16:00 - Pool7Floor POOL BIKE 	17:00 - Gym FITNESS BALL 	18:00 - Be Aloe STRETCH 	21:00 - The S Club LIVE MUSIC 	
DOMINGO SUNDAY	8:00 - Be Aloe RUNNING 	09:00 - Be Aloe PILATES 	10:00 - Gym BUTTOCKS 	11:00 - Be Aloe AQUASTRETCH 	12:00 - Pool7floor POOL BIKE 	13:00 - Be Aloe CELULITE 	14:00 - Gym ABS EXERCICES 	15:00 - Gym TRX 	16:00-Pool7Floor AQUAGYM 	17:00 - Be Aloe TAI CHI 	18:00 - Be Aloe YOGA 	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.

FAMILY
WELLNESS DAY

