



















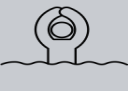











































Activity calendar 17-23 Febrero/February

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