



Adults Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45 - 10:45	Morning Walk	Tai Chi Modified	Morning Walk + Pilates	Morning Walk	Aqua Relax	Postural Rehabilitation	Morning Walk + Self-relaxation techniques
Activity place	Beach	Lawn	Beach	Beach	Pool	Lawn	Beach
16:30 - 17:30	Zen Music	Body Harmony	Stretching	Zen Music	Pilates	Schultz Relaxation	Body Harmony
Activity place	Lawn	Lawn	Lawn	Lawn	Lawn	Lawn	Lawn

Plan valid for July and August 2016

Meeting point: Helpdesk by the pool

All activities are subject to change without notice.

Book your activity in advance, places are limited.



Teens & Family Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 12:30	Table Tennis Tournament	Bootcamp	Workshop Facepainting	Workshop Balloon Modeling	Fitdancing	Karate	Family Bootcamp
Activity place	Table Tennis 8 Ball area	Lawn	Pateo next to The Spa	Pateo next to The Spa	Lawn	Lawn	Lawn
15:15 - 16:15	Soccer Tournament	Dodge Ball Tournament	Table Tennis Tournament	Soccer Tournament	8 Ball Pool Tournament	Tennis Tournament	Traditional & Gincana Mix
Activity place	Field	Table Tennis 8 Ball area	Table Tennis 8 Ball area	Field	Table Tennis 8 Ball area	Field	Lawn
20:30 - 21:30			PES 2016 Tournament		Just Dance Tournament		
Activity place			Closed Galleries		Closed Galleries		

Plan valid for July and August 2016
 Meeting point: Helpdesk by the pool
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 Book your activity in advance, places are limited.

FITDANCING

Join us for an hour full of rhythm in a dance class with simple choreography but full of energy.

BOOTCAMP

We have prepared a challenging circuit of obstacles just for you! Are you ready?

WORKSHOP BALLOON MODELING

Get started in balloon modeling, join this workshop for beginners and engage in this fun activity.

WORKSHOP FACEPAINTING

Learn simple techniques to transform a face in a real tiger and lion!

DODGE BALL

Undoubtedly a very fun and lively time to spend an afternoon with all the family and friends! Join us and enjoy the game!

KARATE

Discover the main components of this century-old martial art that exercises body and mind.

GINCANA

Put your physical skills to the test in a super exciting game circuit that we have prepared especially for an unforgettable afternoon of play and family fun.

TOURNAMENTS

Put your competitive skills to the test and join us to release energy and have fun. Meet us there!



MORNING WALK + RELAXATION

Join us for a morning walk to the beach and at the end enjoy a relaxation session that will make you feel relaxed and full of energy at the same time.

MORNING WALK + ACTIVITY

Start the day the best way, enjoying a morning walk to the beach and at the end a relaxing activity.

STRETCHING

Prepare the body for a very relaxing holiday with stretching exercises.

TAI CHI MODIFIED

Experience a variant of Tai Chi to free your mind through the energy of your body!

BODY HARMONY

Be able to relax and find balance through out your holidays with a harmonious movement session.

POSTURAL REHABILITATION

Get rid of accumulated muscular tensions with a postural rehabilitation session and achieve body symmetry.

AQUA RELAX

Water is as element that relaxes us automatically, join us and experience a unique relaxation session in the water, unmatched!

SCHULTZ RELAX

Join us in this relaxing time and learn essential techniques for self-relax!

PILATES

A session of exercises to relaxe and tone your body simultaneously.

ZEN MUSIC

This is the ideal time if you need a very quiet moment just for you!

