

Wellness Activities

SAMPLE WEEKLY CALENDAR

MON Yoga, Thai Chí ,Pilates 12:00
Pilates 16:00

TUE Circuit 12:00
Stretching 16:00

WED Functional Training 12:00
Foam Roller 16:00

THU Fasting and intermittent fasting * ^{NWA} 11:00
Pilates 12:00
Plate workout 16:00

FRI Abs 12:00
Power Circles 16:00

Complimentary for hotel guests · 35 EUROS per activity per visitor

Meeting point: * El Olivar | [NWA](#) Nutritional Wellness Activity



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SAMPLE WEEKLY CALENDAR

MON Elastic Band 12:00
Stretching 16:00

TUE Functional Training 12:00
Pilates 16:00

WED 1 Circuit 12:00
Foam Roller 16:00

THU Understand what truly a Ketogenic diet is * ^{NWA} 11:00
Plate Workout 12:00
Yoga 16:00

FRI Functional Training 12:00
Yoga Reset 16:00

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SAMPLE WEEKLY CALENDAR

MON Pilates 12:00
Plate Workout 16:00

TUE Stretching 12:00
Abs 16:00

WED Pilates 12:00
Circuit 16:00

THU The world os supplements * NWA 11:00
Yoga, Tai Chí, Pilates 12:00
Pump 16:00

FRI Stretching 12:00
Functional Training 16:00

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WELLNESS

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SAMPLE WEEKLY CALENDAR

MON Yoga 12:00
Kettlecore 16:00

TUE Pilates 12:00
Abs 16:00

WED Yoga, Tai Chí, Pilates 12:00
Plate Workout 16:00

THU The interesting role of fructose and its use * ^{NWA} 11:00
Pump 12:00
Stretching 16:00

FRI Abs 12:00
Pilates 16:00

Complimentary for hotel guests · 35 EUROS per activity per visitor

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