




Six Senses Ibiza Sample Weekly Group Activities

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 - 09:00		Animal Movement With Carlos @Yoga Deck		Morning Stretches & Core Strength Yoga @Yoga Deck		Power Vinyasa Yoga@Yoga Deck	Power Vinyasa Yoga@Yoga Deck
09:00-10.00				Check the Chicks @FrontDesk 		Check the Chicks @FrontDesk 	
09:30-10.00	Healthy Spine Workout @Yoga Studio		Mat Pilates @Yoga Studio	HIIT Fitness @The Gym		Mat Pilates @Yoga Studio	
12:00 - 13:00		Full Body Stretching @Yoga Studio		Animal Movement With Carlos @Blackbox room	DIY Natural Lip Balm @Alchemy Bar	Bees Wax Wrap @Earth Lab	Animal Movement with Carlos @Blackbox room
					Metabolic Training @Blackbox Room		HIIT Fitness @The Gym
15:30 - 16:30	DIY Natural Toothpaste Workshop @Earthlab		Let's Preserve Pickles @Alchemy Bar				
17:00 - 18:00	Mini Immersion Yoga Flow with James DeMaria (17:00 - 19:00) @Yoga Studio		Mindful Vinyasa Yoga with Satya@Yoga Studio	Wine Tasting 50€ pp @Front Desk	Mindful Vinyasa Yoga with Satya@Yoga Studio	Wine Tasting 50€ pp @Front Desk	Kundalini Yoga With Anat @ Yoga Studio
17:30 - 18:30		IbizaFit @Blackbox Room	Metabolic Training @Blackbox Room	Healthy Spine Workout @Yoga Studio	Fitbox @Blackbox Room	IbizaFit @Blackbox Room	Fitbox @Blackbox Room
	Core Workout @The Gym	Sustainability Tour (30min) @Front Desk	Check the Chicks @FrontDesk 	Sustainability Tour (30min) @Front Desk			Sustainability Tour (30min) @Front Desk
18:30 - 20:00		Anusara Yoga with Oihana @Yoga Studio		Human Design: Who am I? Uossy @ Yoga Studio		Breathing Workshop with Anika @Yoga Studio	Active Meditation @Yoga Studio
19:30 - 20:30			Sunset Alchemy Yoga with James DeMaria @Yoga Deck	Vinyasa Sunset Yoga with Alessia @Yoga Deck	Vinyasa Sunset Yoga with Alessia @Yoga Deck	Sunset Alchemy Yoga with James DeMaria @Yoga Deck	
23:30 - 00:30							Stargazing-Headphone Meditation @Yoga Deck

FOOD & BEVERAGES
EVERY DAY



Cooking classes

Picnic

Destination Dining

* Please contact the GEMs for any booking assistance and more details.



**DAILY SUNSET
CEREMONY**

8:30PM Everyday

By the pool

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
HaSalon			Dj Jai	Medusa Odyssey		Ilusions 2 piece	
Caves	Ilusions 6 piece	Dj Cin			Dj Sadeedo	Soloka Band	Dj Jaime
Orchard	Dj Sadeedo	Dj Harvey		Swing Friends			