

HEALTHY LIVING ACADEMY | CALENDAR

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday	Domingo Sunday
Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 08:15 – 09.00 📍 Recepción Front Desk	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 08:15 – 09.00 📍 Recepción Front Desk	Paseo al faro Walk to the lighthouse ⌚ 07:30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 07:45 – 08.30 📍 Recepción Front Desk	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk
Clase Class Sopas y Cremas Soups & Creams ⌚ 10.00 – 11.45 📍 The Chef's Studio	(Diagonal lines pattern)				Clase Class Desayunos Revitalizantes Revitalizing Breakfasts ⌚ 10.00 – 11.45 📍 The Chef's Studio	Clase Class Recetas Fitness Fitness Recipes ⌚ 10.00 – 11.45 📍 The Chef's Studio
Jogging ⌚ 12.00 – 12.50 📍 Recepción Front Desk	Hatha Yoga ⌚ 12.00 – 12.50 📍 Studio 64	Atención Plena Mindfulness ⌚ 12.00 – 12.50 📍 Studio 64	GAP ⌚ 12.00 – 12.50 📍 Studio 64	Aqua Gym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool	Estiramientos Stretching ⌚ 12.00 – 12.50 📍 Studio 64	Aqua Gym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool
Clase Class Cocina saludable (demo) Healthy cooking (demo) ⌚ 16.00 – 16.50 📍 The Chef's Studio	Clase Class Superfoods ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Recetas Fitness Fitness Recipes ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Cocina Detox Detox Cooking ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Recetas Terapéuticas Therapeutic Recipes ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Repostería Saludable Healthy Pastry ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Desayunos Revitalizantes Revitalizing Breakfasts ⌚ 16.00 – 17.45 📍 The Chef's Studio
Ai Chi ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool	Aqua Gym ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool	Total Body Condition ⌚ 18.00 – 18.50 📍 Studio 64	Vinyasa Yoga ⌚ 18.00 – 18.50 📍 Studio 64	Hatha Yoga ⌚ 18.00 – 18.50 📍 Studio 64	GAP ⌚ 18.00 – 18.50 📍 Studio 64	Total Body Condition ⌚ 18.00 – 18.50 📍 Studio 64
(Diagonal lines pattern)						
SHaring Table Experience with our experts Nutrición Saludable Healthy Nutrition ⌚ 20.00 – 21.00 📍 SHAmadi Restaurant	Live Music Sweet Jazz ⌚ 19.30 – 22.00 📍 SHAmadi Restaurant	SHaring Table Experience with our experts Gestión del Estrés Stress Management ⌚ 20.00 – 21.00 📍 SHAmadi Restaurant	(Diagonal lines pattern)		Live Music Rhythm Nights ⌚ 19.30 – 22.00 📍 SHAmadi Restaurant	(Diagonal lines pattern)
CINEMA Wonder (drama) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA Three Billboards Outside Ebbing (thriller) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA Battle Of The Sexes (comedia comedy) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA King Lear (drama) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA Final Portrait (comedia comedy) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA Submerged (thriller) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español	CINEMA The Mountain Between Us (romance) ⌚ 1st session 19.45 ⌚ 2nd session 22.00 • Language: English • Subtítulos: Español

Actividades con coste adicional. Por favor, inscríbase en Recepción del Área Wellness Clinic
 Activities with additional cost. Please, sign in at Wellness Clinic Area Reception

○ Máximo 12 asistentes | Maximum 12 attendees
 ● Máximo 19 asistentes | Maximum 19 attendees

Dificultad | Difficulty
 Baja | Beginner Media | Medium Alta | Advanced