

WEEKLY ENTERTAINMENT

Wochenprogramm

TIME ZEIT	MONDAY MONTAG	TUESDAY DIENSTAG	WEDNESDAY MITTWOCH	THURSDAY DONNERSTAG	FRIDAY FREITAG	SATURDAY SAMSTAG	SUNDAY SONNTAG
6:30 - 8:00	Sea Side Yoga	Sea Side Yoga	Sea Side Yoga	Sea Side Yoga	Sea Side Yoga	Sea Side Yoga	FREE DAY
8:10 - 8:30	SENTIDO Day Break	SENTIDO Day Break	SENTIDO Day Break	SENTIDO Day Break	SENTIDO Day Break	SENTIDO Day Break	
9:00 - 9:45	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
10:00 - 10:30	SENTIDO Core	SENTIDO Core		SENTIDO Core		SENTIDO Core	
10:45 - 11:15	SENTIDO Circuit	SENTIDO Circuit		SENTIDO Circuit		SENTIDO Circuit	
11:30 - 12:00	SENTIDO Aqua Aerobics	SENTIDO Aqua Aerobics	SENTIDO Aqua Aerobics		SENTIDO Aqua Aerobics		
14:30 - 15:30			SENTIDO Cooking Session			SENTIDO Cooking Session	
17:00 - 18:00				SENTIDO Wine Tasting			

■ Beach
 ■ Yoga Stage
 ■ Swimming Pool
 ■ Conference Room
 ■ Royal Blue Main Restaurant
 ■ Armira Restaurant

- Seaside Yoga costs 25€ / person and pre booking is essential. Our yoga session is followed by a healthy energy Superfood Smoothie or Fresh-squeezed orange juice. Please make your reservation a day before at the reception.
- SENTIDO Wine Tasting will take place at the Armira Restaurant. Please make your reservation a day before at Royal Blue Main Restaurant.
- SENTIDO Cooking Sessions will take place at Royal Blue Main Restaurant. Make your reservation a day before in Royal Blue Main Restaurant.

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7:00 - 8:00	Jogging	Jogging	Jogging	Jogging	Jogging	Jogging	FREE DAY
8:30 - 9:00	Aerobic	Aerobic	Aerobic	Aerobic	Aerobic	Aerobic	
9:30 - 10:00	Pilates	Pilates	8:00 - 10:00	Pilates	8:00 - 10:00	Pilates	
10:00 - 10:30	Gym Ball & Medicine Ball	Gym Ball & Medicine Ball	Hiking	Gym Ball & Medicine Ball	Hiking	Gym Ball & Medicine Ball	
10:45 - 11:15	Crossfit	Crossfit	Pilates	Crossfit	Pilates	Crossfit	
11:30 - 12:00	TRX	TRX	TRX	TRX	TRX	TRX	
12:00 - 12:50	Stability & Bodyweight Exercises	Stability & Bodyweight Exercises	Stability & Bodyweight Exercises	Stability & Bodyweight Exercises	Stability & Bodyweight Exercises	Stability & Bodyweight Exercises	
13:00 - 13:30	Flexibility & Plyometrics Ex.	Flexibility & Plyometrics Ex.	Flexibility & Plyometrics Ex.	Flexibility & Plyometrics v	Flexibility & Plyometrics Ex.	Flexibility & Plyometrics Ex.	
14:00 - 15:00	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	

■ Beach
 ■ Yoga Stage
 ■ Conference Room
 ■ Outdoor Areas
 ■ Gym Area - Ethereal Spa

- Meeting point for jogging at Yoga Area at 7:00
- Personal Training costs 30€ / person and pre booking is essential. Please make your reservation at the Reception.
- Hiking costs 30€ / person and pre booking is essential. Please make your reservation at the Reception. Meeting point at Lobby Area