

HEALTHY LIVING ACADEMY | CALENDAR

	Monday, 5/2/2024	Tuesday, 6/2/2024	Wednesday, 7/2/2024	Thursday, 8/2/2024	Friday, 9/2/2024	Saturday, 10/2/2024	Sunday, 11/2/2024
7:30	Walk to the Lighthouse ^{ES} ^{EN} 📍 Front Desk ⌚ 90 min. Difficulty: Intermediate. Max. capacity 19 attendees, require prior inscription.		Walk to the Lighthouse ^{ES} ^{EN} 📍 Front Desk ⌚ 90 min. Difficulty: Intermediate. Max. capacity 19 attendees, require prior inscription.			Walk to the Lighthouse ^{ES} ^{EN} 📍 Front Desk ⌚ 90 min. Difficulty: Intermediate. Max. capacity 19 attendees, require prior inscription.	
8:00		Stretching Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription		Nordic Walk ^{ES} ^{EN} 📍 Front Desk ⌚ 50 min. Difficulty: Beginner Max. capacity 11 attendees, require prior inscription	GAP Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Intermediate Max. capacity 6 attendees, require prior inscription		Nordic Walk Intensive ^{ES} ^{EN} 📍 Front Desk ⌚ 50 min. Difficulty: Advanced Max. capacity 11 attendees, require prior inscription
12:00	Aquabiking Grupal Session ^{ES} ^{EN} 📍 Indoor Pool ⌚ 40 min. Difficulty: Intermediate Max. capacity 3 attendees Activity with additional cost, requires prior inscription	SHA Talks Keys for an ideal breakfast ^{ES} ^{EN} 📍 SHA Club ⌚ 45 min.	Aqua Gym Group Class ^{ES} ^{EN} 📍 Indoor Pool ⌚ 50 min. Difficulty: Beginner Max. capacity 10 attendees, require prior inscription	Aquabiking Grupal Session ^{ES} ^{EN} 📍 Indoor Pool ⌚ 40 min. Difficulty: Intermediate Max. capacity 3 attendees Activity with additional cost, requires prior inscription	SHA Talks SHA Superfoods ^{ES} ^{EN} 📍 SHA Club ⌚ 45 min.	Pilates Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Aquabiking Grupal Session ^{ES} ^{EN} 📍 Indoor Pool ⌚ 40 min. Difficulty: Intermediate Max. capacity 3 attendees Activity with additional cost, requires prior inscription
16:00	Group Cooking Class Demo ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 10 attendees	Group Cooking Class Superfoods ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Soups and Creams ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Healthy Proteins ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Detox & Therapeutic ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Sweet & Healthy ^{ES} ^{EN} 📍 Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	
17:00		Mass ^{ES} ^{EN} 📍 SHApel ⌚ 30 min.					
18:00	Vinyasa Yoga Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Pilates Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	GAP Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Intermediate Max. capacity 6 attendees, require prior inscription	Pilates Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Aqua Gym Group Class ^{ES} ^{EN} 📍 Indoor Pool ⌚ 50 min. Difficulty: Beginner Max. capacity 10 attendees, require prior inscription	Total Body Condition Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Stretching Group Session ^{ES} ^{EN} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription
19:15	Live Music Piano & Voice ^{ES} ^{EN} 📍 SHAmadi ⌚ 150 min.			Spanish Evening ^{ES} ^{EN} 📍 SHAmadi ⌚ 150 min.	Live Music Jazz ^{ES} ^{EN} 📍 SHAmadi ⌚ 195 min.		Candle Night ^{ES} ^{EN} 📍 SHAmadi ⌚ 150 min.
20:00	The Game Changers 📍 Cinema ⌚ 85 min. Documentary Audio: English Subtitle: Spanish	Primal Fear 📍 Cinema ⌚ 120 min.	Blended 📍 Cinema ⌚ 90 min.	The Blind Side 📍 Cinema ⌚ 140 min. Drama Audio: English Subtitle: Spanish	Poisoned: The Dirty Truth About Your Food 📍 Cinema ⌚ 106 min. Documentary Audio: English Subtitle: Spanish	The Upside 📍 Cinema ⌚ 120 min.	The Pursuit of happiness 📍 Cinema ⌚ 123 min. Adventure, drama Audio: English Subtitle: Spanish
22:00	The Game Changers 📍 Cinema ⌚ 85 min. Documentary Audio: English Subtitle: Spanish	Primal Fear 📍 Cinema ⌚ 120 min.	Blended 📍 Cinema ⌚ 90 min.	The Blind Side 📍 Cinema ⌚ 140 min. Drama Audio: English Subtitle: Spanish	Poisoned: The Dirty Truth About Your Food 📍 Cinema ⌚ 106 min. Documentary Audio: English Subtitle: Spanish	The Upside 📍 Cinema ⌚ 120 min.	The Pursuit of happiness 📍 Cinema ⌚ 123 min. Adventure, drama Audio: English Subtitle: Spanish



CON EL FIN DE CUMPLIR CON EL AFORO MÁXIMO ESTABLECIDO, SE REQUIERE INSCRIPCIÓN PREVIA.

Podrá añadir la actividad a su agenda a través de la app o solicitándolo en la recepción del Área Wellness Clinic o a su agenda planner.

IN ORDER TO COMPLY WITH THE MAXIMUM CAPACITY ESTABLISHED, PRIOR INSCRIPTION IS REQUIRED

You can add the activity to your agenda through the app or by requesting it at the Wellness Clinic Reception area or to your agenda planner.



Paseos matutinos
Morning walks



Sesiones de cuerpo y mente
Mind and body sessions



Clases de fitness
Fitness classes



Clases de cocina saludable
Healthy cooking classes



Actividades de ocio
Leisure activities



SHA Talks

PASEOS

Rogamos puntualidad. Una vez transcurridos 3 minutos desde la hora de inicio marcada el autobús iniciará su recorrido.

WALKS

We require punctuality. After 3 minutes from the start time, the bus will start its journey.

ES Idioma: Español **EN** Language: English

Le informamos que este calendario está sujeto a modificaciones. Solicite la última versión en Recepción del Área Wellness Clinic o en Recepción Principal

We inform you that this schedule is subject to changes. Please, find the latest version in Wellness Clinic Area Reception or Front Desk

HEALTHY LIVING ACADEMY

Aprenda nuevos hábitos de vida saludable

Conozca otros huéspedes y comparta experiencias

Relaje su mente y ponga en forma su cuerpo

Diviértase en nuestros paseos y actividades al aire libre

Descubra las bases de la nutrición SHA

Learn new healthy habits

Meet other guests and share experiences

Keep a clear mind and a fit body

Enjoy yourself in our daily walks and outdoor activities

Discover the SHA Nutrition basis



¿CÓMO PUEDO ACCEDER AL CALENDARIO?

Desde nuestra App, pudiendo incluso añadir las actividades que desee a su agenda personal. Nuestra App "SHA Wellness Clinic" está disponible tanto para dispositivos iOS como Android. Si prefiere una edición impresa del calendario, podrá solicitarla en cualquiera de nuestras recepciones.

HOW CAN I ACCESS THE CALENDAR?

From our App, you can add the activities you want to your personal agenda. Our App "SHA Wellness Clinic" is available for both iOS and Android devices. If you prefer a printed edition of the calendar, you can order it at any of our receptions.