

HEALTHY LIVING ACADEMY | CALENDAR

	Monday, 2/3/2026	Tuesday, 3/3/2026	Wednesday, 4/3/2026	Thursday, 5/3/2026	Friday, 6/3/2026	Saturday, 7/3/2026	Sunday, 8/3/2026
7:30	Walk to the Lighthouse ES EN 📍 Front Desk ⌚ 90 min. Difficulty: Intermediate. Max. capacity 19 attendees, require prior inscription.		Walk to the Beach ES EN 📍 Front Desk ⌚ 90 min. Difficulty: Beginner. 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 Beach ES EN 📍 Front Desk ⌚ 90 min. Difficulty: Beginner. Max. capacity 19 attendees, require prior inscription.
8:00		Nordic Walk Intensive ES EN 📍 Front Desk ⌚ 90 min. Difficulty: Advanced Max. capacity 11 attendees, require prior inscription		Nordic Walk ES EN 📍 Front Desk ⌚ 90 min. Difficulty: Beginner Max. capacity 11 attendees, require prior inscription		GAP Group Session ES EN 📍 Art Gallery ⌚ 50 min. Difficulty: Intermediate Max. capacity 8 attendees, require prior inscription	
10:00	Aromatherapy Workshop Group session ES EN 📍 The Chef's Studio ⌚ 50 min. Capacity max. 6 participants Requires prior registration	Group Cooking Class Detox & Therapeutic ES EN 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Sweet & Healthy ES EN 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Gut Health Recipes ES EN 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription		Group Cooking Class Revitalizing Breakfasts ES EN 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	
12:00	Pilates Group Session ES EN 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	SHA Talks 10 keys for a healthy ageing ES EN 📍 SHA Club ⌚ 45 min. Max capacity. 8 attendees	Pilates 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	SHA Talks How to boost your immune system ES EN 📍 SHA Club ⌚ 45 min. Max capacity. 8 attendees	Slider Workout Grupal Session ES EN 📍 Art Gallery Room ⌚ 50 min. Difficulty: Medium-advanced Max. capacity 7 attendees, require prior inscription	Total Body Condition Group Session ES EN 📍 Fitness Area ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription
16:00	Group Cooking Class Demo ES EN 📍 Chef's Studio ⌚ 90 min. Max capacity. 12 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 📍 The 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 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	Group Cooking Class Sweet & Healthy ES EN 📍 The Chef's Studio ⌚ 90 min. Max capacity. 6 attendees Activity with additional cost, requires prior inscription	
16:15	The Golden Pause ES EN 📍 SHAmadi ⌚ 0 min. Available only for guests with the SHA menu (no assigned diet)			The Golden Pause ES EN 📍 SHAmadi ⌚ 0 min. Available only for guests with the SHA menu (no assigned diet)			
18:00	GAP Group Session ES EN 📍 Art Gallery ⌚ 50 min. Difficulty: Intermediate 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	GAP Group Session ES EN 📍 Art Gallery ⌚ 50 min. Difficulty: Intermediate Max. capacity 8 attendees, require prior inscription	Yoga Group Session ES 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Mindfulness Group Session ES 📍 Art Gallery Room ⌚ 50 min. Max. capacity 10 attendees, require prior inscription	Stretching Group Session ES EN 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription	Slider Workout Grupal Session ES EN 📍 Art Gallery Room ⌚ 50 min. Difficulty: Medium-advanced Max. capacity 7 attendees, require prior inscription
18:15					Sip & Shake Healthy Mocktails ES EN 📍 SHAmadi ⌚ 30 min.		
19:00		SHA Barbecue Night ES EN 📍 SHAmadi ⌚ 150 min.	Candle Night ES EN 📍 SHAmadi ⌚ 150 min.				
19:15	Illusionism and magic ES EN 📍 SHAmadi ⌚ 195 min.		Live Music Soul Pop ES EN 📍 SHAmadi ⌚ 150 min.		Live Music Jazz ES EN 📍 SHAmadi ⌚ 195 min.		
20:00	Heal 📍 Cinema ⌚ 108 min.	The Deepest Breath 📍 Cinema ⌚ 110 min.	Lost children 📍 Cinema ⌚ 96 min. Documentary Audio: English Subtitle: Spanish	Don't Die: The Man Who Wants to Live Forever 📍 Cinema ⌚ 89 min. Documentary Audio: English Subtitle: Spanish	The Pursuit of happiness 📍 Cinema ⌚ 123 min. Adventure, drama Audio: English Subtitle: Spanish	A trip to infinity 📍 Cinema ⌚ 79 min. Documentary Audio: English Subtitle: Spanish	The quest for ascensión 📍 Cinema ⌚ 60 min. Documentary Audio: English Subtitle: Spanish
22:00	Heal 📍 Cinema ⌚ 108 min.	The Deepest Breath 📍 Cinema ⌚ 110 min.	Lost children 📍 Cinema ⌚ 96 min.	Don't Die: The Man Who Wants to Live Forever 📍 Cinema ⌚ 89 min.	The Pursuit of happiness 📍 Cinema ⌚ 123 min.	A trip to infinity 📍 Cinema ⌚ 79 min.	The quest for ascensión 📍 Cinema ⌚ 60 min.

22:00

Documentary | Audio: English |
Subtitle: Spanish

Documentary | Audio: English |
Subtitle: Spanish

Adventure, drama | Audio: English |
Subtitle: Spanish

Documentary | Audio: English |
Subtitle: Spanish

Documentary | 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 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.