	Monday, 16/1/2023	Tuesday, 17/1/2023	Wednesday, 18/1/2023	Thursday, 19/1/2023	Friday, 20/1/2023	Saturday, 21/1/2023	Sunday, 22/1/2023
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	**Vinyasa Yoga | Group Session** ES — Art Gallery — 50 min. Difficulty: Beginner | Max. capacity 8 attendees, require prior inscription		**Nordic Walk | Intensive** ES EN — Front Desk — 60 min. Difficulty: Advanced | Max. capacity 11 attendees, require prior inscription
10:00				**Group Cooking Class | Revitalizing Breakfasts** ES EN — Chef's Studio — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires 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 | How to strengthen the Immune System** 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 | Mindful eating** 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 — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires prior inscription	**Group Cooking Class | Soups and Creams** ES EN — Chef's Studio — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires prior inscription	**Group Cooking Class | Fitness Recipes** ES EN — Chef´s Studio — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires prior inscription	**Group Cooking Class | Detox & Therapeutic** ES EN — Chef´s Studio — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires prior inscription	**Group Cooking Class | Healthy Pastries** ES EN — Chef´s Studio — 105 min. Max capacity. 6 attendees | Activity with additional cost, requires prior inscription	
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	**Mindfulness | Group Session** ES EN — Art Gallery — 50 min. 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
19:00	**Live Music | Piano & Voice** ES EN — SHAmadi — 150 min.			**Indian Evening** ES EN — SHAmadi — 195 min.	**Live Music | Jazz** ES EN — SHAmadi — 195 min.	**Live Music | Soul Pop** ES EN — SHAmadi — 150 min.	**Candle Night** ES EN — SHAmadi — 150 min.
20:00	**Tick, Tick...Boom!** — Cinema — 115 min. Drama | Audio: English | Subtitle: Spanish	**The Minimalists: Less Is Now** — Cinema — 53 min. Documentary | Audio: English | Subtitle: Spanish	**Wonder** — Cinema — 108 min. Drama | Audio: English | Subtitle: Spanish	**The Social Dilemma** — Cinema — 95 min. Documentary | Audio: Spanish | Subtitle: English	**The River Runner** — Cinema — 115 min. Documentary | Audio: English | Subtitle: Spanish	**One Night in Miami** — Cinema — 115 min. Drama | Audio: English | Subtitle: Spanish	**Cowspiracy: The Sustainability Secret** — Cinema — 90 min. Documentary | Audio: English | Subtitle: Spanish
22:00	**Tick, Tick...Boom!** — Cinema — 115 min. Drama | Audio: English | Subtitle: Spanish	**The Minimalists: Less Is Now** — Cinema — 53 min. Documentary | Audio: English | Subtitle: Spanish	**Wonder** — Cinema — 108 min. Drama | Audio: English | Subtitle: Spanish	**The Social Dilemma** — Cinema — 95 min. Documentary | Audio: Spanish | Subtitle: English	**The River Runner** — Cinema — 115 min. Documentary | Audio: English | Subtitle: Spanish	**One Night in Miami** — Cinema — 115 min. Drama | Audio: English | Subtitle: Spanish	**Cowspiracy: The Sustainability Secret** — Cinema — 90 min. Documentary | Audio: English | Subtitle: Spanish

SHA
WELLNESS CLINIC

HEALTHY LIVING ACADEMY

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**

Aprenda nuevos hábitos de vida saludable — Learn new healthy habits

Conozca otros huéspedes y comparta experiencias — Meet other guests and share experiences

Relaje su mente y ponga en forma su cuerpo — Keep a clear mind and a fit body

Diviértase en nuestros paseos y actividades al aire libre — Enjoy yourself in our daily walks and outdoor activities

Descubra las bases de la nutrición SHA — Discover the SHA Nutrition basis

PASEOS | WALKS

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

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

ES Idioma: Español   EN Language: English

¿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.