

Weekly activities Balneario de Segura

program example with approximate times, subject to change

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 – 09.00	Nordic Walking / Hike	Nordic Walking / Hike	Nordic Walking / Hike	Nordic Walking / Hike	Nordic Walking / Hike	Nordic Walking / Hike	Nordic Walking / Hike
7.30 -10.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11.00 – 12.00	Aqua Tai Chi Swimming pool	Aqua Tai Chi Swimming pool					
12:00							
13.30 – 15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
17:00			Aqua Tai Chi Swimming pool	Aqua Tai Chi Swimming pool	Aqua Tai Chi Swimming pool	Aqua Tai Chi Swimming pool	Aqua Tai Chi Swimming pool
20.30 - 22.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

*** In process to organise more activities such as lectures, movie nights and more fitness classes**