

Your programme at Océano 08.01.2018 – 14.01.2018

Monday, 08.01.2018

- 8:00 Yoga with Hari 12,-€/Person
Registration at least 24 h. before at the Reception;
Meeting point: Saloon OCÉANO (Floor 11). Please bring a towel with you
- 18:00 Ocean Healing Sound – 18,-€ / Person Registration: Spa Reception
- 19:00 Therapeutic Pool Use (34°) with Hydromassage 5,-€ p.p.
Registration & Meeting Point: Spa Reception Duration: 45 min

Tuesday, 09.01.2018

- 9:00 Hiking tour to Bajamar - Tegueste with Norberto - 5,-€ p.p.
Registration and more information at the Reception desk Min: 3 participants
- 11:00 Aquafitness with Alejandra – 18,-€ / Person
Registration at least 24 h. before at the Spa-Reception
- 18:00 & Therapeutic Pool Use (34°) with Hydromassage 5,-€ p.p.
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min

Wednesday, 10.01.2018

- 8:00 Yoga with Hari - 12,-€ / Person Registration at least 24 h. before at the Reception
Meeting point: Saloon OCÉANO (Floor 11). Please bring a towel with you
- 11:00 Nordic Walking with Agnieszka -12,€ p.p
Registration at least 24 h. before at the Reception desk
- 12:00 Introduction to the gym with Alejandra – Free of charge
Meeting point: Mayr Center; Registration at least 24 h. before at the Reception
- 18:00 & Therapeutic Pool Use (34°) with Hydromassage
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min 5,-€ p.p.

Thursday, 11.01.2018

- 8:00 Morning Exercises with Agnieszka 12,-€ / Person
Registration at least 24 h. before at the Reception;
Meeting point: Saloon OCÉANO (Floor 11). Please bring a towel with you
- 9:30 Visit to La Laguna without guide - 5,-€ p.p.
Registration and more information at the Reception desk. Min: 3 participants

- 14:00 Relaxing exercises with Yulia - 12,-€ p.p.
Registration at least one day before at the Spa-Reception

Friday, 12.01.2018

- 8:00 Yoga with Hari - 12,-€ / Person
Meeting point: Saloon OCÉANO (Floor 11). Please bring a towel with you
Registration at least one day before at the Reception
- 9:30 Visit to La Orotava without guide- 20,-€ p.p.
Registration and more information at the Reception desk. Min: 3 participants
- 11:00 Water Gymnastics with Agnieszka - 18,€ p.p
Registration & Meeting Point at the SPA-Reception
- 16:00 Introduction to Spa with Karin - Free of charge
Registration at least one day before at the Spa Reception
- 18:00 & Therapeutic Pool Use (34°) with Hydromassage
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min 5,-€ p.p.

Saturday, 13.01.2018

- 08:00 Morning Exercises with Agnieszka - 12,-€ / Person
Meeting point: Saloon OCÉANO (Floor 11)
Registration at least one day before at the Reception
- 14:00 & Therapeutic Pool Use (34°) with Hydromassage
15:00 Registration & Meeting Point: Spa Reception Duration: 45 min 5,-€ p.p.

Sunday, 14.01.2018

- 8:00 Morning Exercises with Tomasz - 12,-€ p.p.
Registration at least 24 h. before at the Reception
Meeting point: Saloon OCÉANO (Floor 11). Please bring a towel with you
- 9:30 Visit to Puerto de la Cruz without guide - 25,-€ p.p.
Registration and more information at the Reception desk. Min: 5 participants

*Information about excursions at Reception
Registration 24 hours before*

We are here for you!

Reception (Floor 0 / Tel.: 690)

The Reception is occupied 24 hours.

Check In: 14:00 a.m.

Check Out: 11:00 a.m.

Restaurant (Floor -1, Tel. 6314)

Breakfast 08:00 – 10:30

Lunch 13:00 – 15:00

Coffee break 15:00 - 18:30

Dinner 18:30 – 21:30

Pool (Floor -1): 07:00 – 19:00

Gym (Mayr Centre): 08:00 – 20:00

Relax Room (-2) - 7:30 - 21:30

Sauna (Floor -2)

Monday- Sunday – 15:30 - 21:30

** Tuesday and Friday from 15:30 to 17:30
only for women*

Spa (Floor -1 / Tel.: 6653)

Information & Appointments

From Monday to Friday - 9:00 - 16:00

Treatments:

From Monday to Saturday - 08:00 – 20:00

Sunday Treatments: 08:00 – 16:00

Mayr Restaurant (Floor -1, Salón Anaga)

Breakfast 08:00 – 09:30

Lunch 13:00 – 14:30

Dinner 18:00 – 19:30

Mayr Centre (Tel: 952)

Monday – Saturday 09:00 – 13:00

the Spa Reception (Tel. 6653) or

María (Tel. 952)



Ocean. Consciousness. Experience. *Weekly Programme*

Your OCEÁNO Team

Hotel Management: Magda Corominas Roig

Medical Manager: Dr. Matthias Rolle

Hotel Director: Oliver Suárez Cronauer

Housekeeping: Verónica Reyes

Administration Manager: Diana Hernández

[Information for our English - speaking clients: We have a DVD player and English films at your disposal. For more information please ask at the reception.](#)

The side door to the Restaurant terrace opens with the following numerical code: 1560

Information about the magnet on the key chain

In case of losing the magnet we have to charge 25 €

You may open the following doors:

Door to the Mayr Centre / Sauna / door in the garden to the promenade

Between 09:00 p.m. and 07:00 a.m. the doors remain closed.

Of course you may use the main entrance at any time!

If you have any questions or requests, please feel free to contact us at any time!

Please visit us personally or call the Reception desk:: 690