

OCÉANO Weekly Programme

Example

- ✓ = included in price
 ☐ = at extra charge

Monday

- ✓ **Awakening at the sea** 7.45 - 08.15 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 – 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 – 4.50 pm / Meeting point: Yoga room COHM (2nd floor)
- ✓ **Film- or Documentary night** 8.30 pm Lounge Ocean 11 (English)

Tuesday

- ✓ **Awakening at the sea** 7.45 -08.15 am / Meeting point: 11th floor
- ☐ **Trekking** / Please inform yourself at the reception
- ✓ **Nordic Walking** 12.00 – 12.30 pm / Meeting point: Reception
- ✓ **Lecture: Nutrition Tips and Exercise Recommendations** 03.00 – 03.45 pm / Meeting point: Conference Room COHM (English)
- ☐ **Chi kung*** 4.00 - 4.50 pm / Meeting point: COHM (2nd floor)
- ✓ **Film- or Documentary night** 8.30 pm Lounge Ocean 11 (English)

Wednesday

- ✓ **Awakening at the sea** 7.45 - 08.15 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 – 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: COHM (2nd floor)
- ✓ **Lecture: Mayr Cure** 17.00 – 18.00 pm / Meeting point: Conference Room COHM (English, Spanish)
- ✓ **Latin Night** 8.30 pm / Meeting point: 11th floor

Thursday

- ✓ **Awakening at the sea** 7.45 -08.15 am / Meeting point: 11th floor
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: COHM (2nd floor)
- ✓ **Saxo Lounge** 8.30 pm / Meeting point: 11th floor

Friday

- ✓ **Awakening at the sea** 7.45 - 08.15 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 – 4.50 pm / Meeting point: Yoga room COHM (2nd floor)
- ✓ **Trio Canarian Music** 8.30 pm / Meeting point: 11th floor

Saturday

- ✓ **Awakening at the sea** 7.45 - 08.15 am / Meeting point: 11th floor
- ☐ **Pilates*** 4.00 – 4.50 pm / Meeting point: Yoga room COHM (2nd floor)
- ✓ **Noche Cubana** 8.30 pm / Meeting point: 11th floor

Sunday

- ☐ **Dance Therapy*** 4.00 - 4.50 pm / Meeting point: COHM (2nd floor)
- ✓ **80's Night** 8.30 pm / Meeting point: 11th floor



*The number of participants for these classes is limited, so please register at the SPA reception at least 24 hours in advance.
 Short-term changes are possible; please note the current notices & information.