

✓ = included in price  
□ = at extra charge

# OCÉANO Weekly Programme Example

## Monday

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

## Thursday

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

## Friday

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

## Saturday

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

## Sunday

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

## Tuesday

- ✓ Awakening at the sea 7.45 - 08.15 am / Meeting point: 11<sup>th</sup> 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 (2<sup>nd</sup> floor)
- ✓ Film- or Documentary night 8.30 pm Lounge Ocean 11 (Englisch)

## Wednesday

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