

HEALTHY LIVING ACADEMY | CALENDAR

| | Monday, 9/1/2023 | Tuesday, 10/1/2023 | Wednesday, 11/1/2023 | Thursday, 12/1/2023 | Friday, 13/1/2023 | Saturday, 14/1/2023 | Sunday, 15/1/2023 |
|-------|---|--|--|---|---|--|---|
| 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 |
| 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 Keys for an ideal breakfast ^{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 | | 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} 📍 Art Gallery ⌚ 50 min. Difficulty: Beginner Max. capacity 8 attendees, require prior inscription | Total Body Condition 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} 📍 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. | Healthy Cocktail with General Manager ^{ES} ^{EN} 📍 SHAmadi Restaurante ⌚ 30 min. | | Spanish Evening ^{ES} ^{EN} 📍 SHAmadi ⌚ 150 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 | IO: Last on earth 📍 Cinema ⌚ 96 min. | David Attenborough: A Life on Our Planet 📍 Cinema ⌚ 83 min. Documentary Audio: English Subtitles: Spanish | Adu 📍 Cinema ⌚ 90 min. Drama Audio: Spanish Subtitle: English | Me before you 📍 Cinema ⌚ 93 min. Documentary Audio: English Subtitle: Spanish | A Rainy Day in New York 📍 Cinema ⌚ 92 min. Drama, Romance Audio: English Subtitles: Spanish | The Post 📍 Cinema ⌚ 115 min. Drama Audio: English Subtitle: Spanish | Seaspiracy 📍 Cinema ⌚ 89 min. Documentary Audio: English Subtitle: Spanish |
| 22:00 | IO: Last on earth 📍 Cinema ⌚ 96 min. | David Attenborough: A Life on Our Planet 📍 Cinema ⌚ 83 min. Documentary Audio: English Subtitles: Spanish | Adu 📍 Cinema ⌚ 90 min. Drama Audio: Spanish Subtitle: English | Me before you 📍 Cinema ⌚ 93 min. Documentary Audio: English Subtitle: Spanish | A Rainy Day in New York 📍 Cinema ⌚ 92 min. Drama, Romance Audio: English Subtitles: Spanish | The Post 📍 Cinema ⌚ 115 min. Drama Audio: English Subtitle: Spanish | Seaspiracy 📍 Cinema ⌚ 89 min. Documentary Audio: English Subtitle: Spanish |



CON EL FIN DE CUMPLIR CON EL AFORO MÁXIMO ESTABLECIDO, SE REQUIERE INSCRIPCIÓN PREVIA.

Podrá añadir la actividad a su agenda a través de la app o solicitándolo en la recepción del Área Wellness Clinic o a su agenda planner.

IN ORDER TO COMPLY WITH THE MAXIMUM CAPACITY ESTABLISHED, PRIOR INSCRIPTION IS REQUIRED

You can add the activity to your agenda through the app or by requesting it at the Wellness Clinic Reception area or to your agenda planner.



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

PASEOS

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

WALKS

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

ES Idioma: Español **EN** Language: English

Le informamos que este calendario está sujeto a modificaciones. Solicite la última versión en Recepción del Área Wellness Clinic o en Recepción Principal

We inform you that this schedule is subject to changes. Please, find the latest version in Wellness Clinic Area Reception or Front Desk

HEALTHY LIVING ACADEMY

Aprenda nuevos hábitos de vida saludable

Conozca otros huéspedes y comparta experiencias

Relaje su mente y ponga en forma su cuerpo

Diviértase en nuestros paseos y actividades al aire libre

Descubra las bases de la nutrición SHA

Learn new healthy habits

Meet other guests and share experiences

Keep a clear mind and a fit body

Enjoy yourself in our daily walks and outdoor activities

Discover the SHA Nutrition basis



¿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 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.