

Wellness Activities

SAMPLE WEEKLY CALENDAR

MON	Yoga, Thai Chí ,Pilates	12:00
	Pilates	16:00

TUE	Circuit	12:00
	Stretching	16:00

WED	Functional Training	12:00
	Foam Roller	16:00

THU	Fasting and intermittent fasting * <small>NWA</small>	11:00
	Pilates	12:00
	Plate workout	16:00

FRI	Abs	12:00
	Power Circles	16:00

Complimentary for hotel guests · 35 EUROS per activity per visitor

Meeting point: * El Olivar | NWA Nutritional Wellness Activity



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SAMPLE WEEKLY CALENDAR

MON	Elastic Band	12:00
	Stretching	16:00

TUE	Functional Training	12:00
	Pilates	16:00

WED 1	Circuit	12:00
	Foam Roller	16:00

THU	Understand what truly a Ketogenic diet is * <small>NWA</small>	11:00
	Plate Workout	12:00
	Yoga	16:00

FRI	Functional Training	12:00
	Yoga Reset	16:00

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Meeting point: * El Olivar | [NWA](#) Nutritional Wellness Activity



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MON	Pilates	12:00
	Plate Workout	16:00

TUE	Stretching	12:00
	Abs	16:00

WED	Pilates	12:00
	Circuit	16:00

THU	The world os supplements * <i>NWA</i>	11:00
	Yoga, Tai Chí, Pilates	12:00
	Pump	16:00

FRI	Stretching	12:00
	Functional Training	16:00

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Meeting point: * El Olivar | *NWA* Nutritional Wellness Activity



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SAMPLE WEEKLY CALENDAR

MON	Yoga	12:00
	Kettlecore	16:00

TUE	Pilates	12:00
	Abs	16:00

WED	Yoga, Tai Chí, Pilates	12:00
	Plate Workout	16:00

THU	The interesting role of fructose and its use * <small>NWA</small>	11:00
	Pump	12:00
	Stretching	16:00

FRI	Abs	12:00
	Pilates	16:00

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