

## ACTIVIDADES / PROGRAM



ESTIRAMIENTOS  
STRETCHING



AQUA FIT



TALLER ALMOGROTE  
ALMOGROTE WORKSHOP



SPINNING



ENTRENAMIENTO FUNCIONAL  
FUNCTIONAL TRAINING



HATHA YOGA



PILATES



TALLER DE AGUA GUIADA  
AGUA GUIADA WORKSHOP



MEDITACIÓN  
MEDITATION



POWER YOGA



AEROBIC STEP



CIRCUIT TRAINING



CARDIO-HIT TRAINING



YIN YOGA



STARGAZING



YOGA PARA FAMILIAS  
FAMILY YOGA



TALLER MOJO VERDE  
GREEN MOJO WORKSHOP



TALLER DE GOFIO  
GOFIO WORKSHOP



BOLAS CANARIAS  
CANARIAN BOWLS



PASEO RUTA BOTÁNICA  
BOTANICAL ROUTE WALK