

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5km Running Group 9.00 - 10.00	Bike Tour (Ermita Santa Margarida Route) 9.00 - 11.00	Golf Initiation 9.00 - 10.00	Organic Garden 9.00 - 11.00	5km Running Group 9.00 - 10.00	Bike Tour (Caldes de Malavella Route) 9.00 - 11.00	Golf Initiation 9.00 - 10.00
Pilates* 10.30 - 11.30	Fitness Lesson 11.00 - 12.00	Yoga 11.00 - 12.00		Fitness Lesson 11.00 - 12.00		
		Catalan Vermouth 12.00 - 13.00	Ratafia Workshop 12.00 - 13.00	Bird Nest Workshop 12.00 - 14.00		Showcooking 12.00 - 13.00
Body Pump 14.00 - 15.00	Zumba 14.00 - 15.00		Body Pump 14.00 - 15.00		Zumba 14.00 - 15.00	
Forest Park 16.00 - 17.00	Forest Park 16.00 - 17.00		Forest Park 16.00 - 17.00		Forest Park 16.00 - 17.00	
				Wine & Cheese Tasting 17.00 - 18.00		Family Buggy Race 17.00 - 19.00
Multisport Camp 18.00 - 20.00	Footgolf 19.00 - 20.00	Bike Tour (Caldes de Malavella Route) 18.00 - 20.00	Multisport Camp 18.00 - 20.00	Mini Golf 19.00 - 20.00	Footgolf 19.00 - 20.00	
				Sunset Sessions 20.30 - 22.30		
						Outdoor Cinema 21.30 - 23.30

■ Family & Kids - **TOGETHER WELL**
■ Sports & Wellness - **LIVE WELL**
■ Bio Activities - **EXPLORE WELL**
■ Gastronomical - **EAT WELL**

For further information on any of our activities, please contact [activities@camiral.com](mailto:activities@camiral.com) or +34 872 591 616.

Please note, residents are very welcome to join in with our activities for €15 per activity.

\*Exclusive for hotel guests.

