



# PROGRAMA ACTIVIDADES

## COSTA NATURA 2026



JUNIO

	MARTES	MIERCOLES	JUEVES	VIERNES	SATURDAY
8:45-9:30	QI GONG		QI GONG		
9:30-10:30	YOGA	PILATES	YOGA	PILATES	PILATES
10:30-11:15	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM
11:30-12:15	BAILE ADULTOS	BAILE ADULTOS	BAILE ADULTOS	BAILE ADULTOS	BAILE ADULTOS
12:30-13:15	JUEGOS EXTERIOR/BAR	JUEGOS EXTERIOR/BAR	JUEGOS EXTERIOR/BAR	JUEGOS EXTERIOR/BAR	JUEGOS EXTERIOR/BAR



"Naturaleza, salud & diversión"



# SUMMER ACTIVITIES

## COSTA NATURA 2026



JUNE

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45-9:30	QI GONG		QI GONG		
9:30-10:30	YOGA	PILATES	YOGA	PILATES	PILATES
10:30-11:15	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM
11:30-12:15	ADULTS DANCE	ADULTS DANCE	ADULTS DANCE	ADULTS DANCE	ADULTS DANCE
12:30-13:15	YARD/BAR GAMES	YARD/BAR GAMES	YARD/BAR GAMES	YARD/BAR GAMES	YARD/BAR GAMES



"Nature, health & fun"

