

*"La única fuente de conocimiento
es la experiencia."*

*"The only source of knowledge
is experience"*

- Albert Einstein -

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

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



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
Adéntrese aún más en nuestra filosofía

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
Get deeper into our philosophy

SHA ACADEMY ACTIVITIES

Lunes Monday 22.01.18	Martes Tuesday 23.01.18	Miércoles Wednesday 24.01.18	Jueves Thursday 25.01.18	Viernes Friday 26.01.18	Sábado Saturday 27.01.18	Domingo Sunday 28.01.18
Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 08.00 – 09.00 📍 Recepción Front Desk	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 08.00 – 09.00 📍 Recepción Front Desk	Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk
	Paseo nórdico Nordic walk ⌚ 09.00 – 10.00 📍 Recepción Front Desk			Paseo nórdico Nordic walk ⌚ 09.00 – 10.00 📍 Recepción Front Desk		
Clase Class Cocina detox Detox cooking ⌚ 10.00 – 11.45 📍 The Chef's Studio						Clase Class Desayunos energéticos Energy breakfast ⌚ 10.00 – 11.45 📍 The Chef's Studio
Pilates ⌚ 12.00 – 12.50 📍 Studio 64	Total Body Condition ⌚ 12.00 – 12.50 📍 Studio 64	Yoga ⌚ 12.00 – 12.50 📍 Studio 64	Aquagym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool	Total Body Condition ⌚ 12.00 – 12.50 📍 Studio 64	Estiramientos Stretching ⌚ 12.00 – 12.50 📍 Studio 64	Yoga ⌚ 12.00 – 12.50 📍 Studio 64
Clase Class Cocina saludable (demo) Healthy cooking (demo) ⌚ 16.00 – 16.50 📍 The Chef's Studio	Clase Class Desayunos energéticos Energy breakfast ⌚ 16.00 – 17.50 📍 The Chef's Studio	Clase Class Cereales energéticos Energizing cereals ⌚ 16.00 – 17.50 📍 The Chef's Studio	Clase Class Proteínas vegetales Plant-based proteins ⌚ 16.00 – 17.50 📍 The Chef's Studio	Clase Class Cocina detox Detox cooking ⌚ 16.00 – 17.50 📍 The Chef's Studio	Clase Class Repostería saludable Healthy pastries ⌚ 16.00 – 17.50 📍 The Chef's Studio	Clase Class Cocina estacional Seasonal cooking ⌚ 16.00 – 17.50 📍 The Chef's Studio
				Charla Lecture Productos saludables Healthy products ⌚ 17.10 – 17.50 📍 SHA Club		Charla Lecture Corazón saludable Heal your heart ⌚ 17.10 – 17.50 📍 SHA Club
Aquagym ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool	Yoga ⌚ 18.00 – 18.50 📍 Studio 64	Chi Kung ⌚ 18.00 – 18.50 📍 Studio 64	Meditación Meditation ⌚ 18.00 – 18.50 📍 Studio 64	Estiramientos Stretching ⌚ 18.00 – 18.50 📍 Studio 64	GAP ⌚ 18.00 – 18.50 📍 Studio 64	Aquagym ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool
Live Music Noche de piano Piano night ⌚ 19.00 – 22.00 📍 SHAmadi Restaurant	SHARing Table Conceição Espada ⌚ 20.00 – 21.00 📍 SHAmadi Restaurant	Live Music Duo guitarra y voz Guitar & voice duo ⌚ 19.00 – 22.00 📍 SHAmadi Restaurant	SHARing Table Conceição Espada ⌚ 20.00 – 21.00 📍 SHAmadi Restaurant	Live Music Guitarra española Spanish guitar ⌚ 19.00 – 22.00 📍 SHAmadi Restaurant	Live Music Noche de piano Piano night ⌚ 19.00 – 22.00 📍 SHAmadi Restaurant	Live Music Hang Drum Session ⌚ 19.00 – 22.00 📍 SHAmadi Restaurant
CINEMA Singing in the Rain (classic) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español	CINEMA Forks over Knives (documental documentary) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español	CINEMA Iron Lady (biográfico biographical) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: Russian	CINEMA Feel Rich (documental documentary) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español	CINEMA The Secret Life of Walter Mitty (entertainment) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español	CINEMA Fed Up (documental documentary) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español	CINEMA Begin Again (romántico romantic) ⌚ 1st session 20.00 ⌚ 2nd session 22.00 · Language: English · Subtítulos: Español



Actividades con coste adicional. Por favor, inscribese en la Recepción Área Wellness Clinic
Activities with additional cost. Please, sign in at Wellness Clinic Area Reception











○ Máximo 12 asistentes | Maximum 12 attendees

● Máximo 19 asistentes | Maximum 19 attendees

Dificultad | Difficulty

🟢 Baja | Beginner 🟡 Media | Medium 🔴 Alta | Advanced

SHA ACADEMY ACTIVITIES

Lunes Monday 01.01.18	Martes Tuesday 02.01.18	Miércoles Wednesday 03.01.18	Jueves Thursday 04.01.18	Viernes Friday 05.01.18	Sábado Saturday 06.01.18	Domingo Sunday 07.01.18
 Paseo al faro Walk to the lighthouse ⌚ 07.30 – 08.45 📍 Recepción Front Desk		 Paseo por la playa Walk to the beach ⌚ 07.30 – 08.45 📍 Recepción Front Desk	 Paseo al faro Walk to the lighthouse ⌚ 07.30 – 08.45 📍 Recepción Front Desk		 Paseo al faro Walk to the lighthouse ⌚ 07.30 – 08.45 📍 Recepción Front Desk	 Paseo por la playa Walk to the beach ⌚ 07.30 – 08.45 📍 Recepción Front Desk
 Paseo al faro Walk to the lighthouse ⌚ 08.00 – 09.15 📍 Recepción Front Desk		 Paseo por la playa Walk to the beach ⌚ 08.00 – 09.15 📍 Recepción Front Desk	 Paseo al faro Walk to the lighthouse ⌚ 08.00 – 09.15 📍 Recepción Front Desk		 Paseo al faro Walk to the lighthouse ⌚ 08.00 – 09.15 📍 Recepción Front Desk	 Paseo por la playa Walk to the beach ⌚ 08.00 – 09.15 📍 Recepción Front Desk