

What’s on this week at La Cala Resort?  
¿Qué hacer esta semana en La Cala Resort?

| HORARIO     | LUNES                             | MARTES                                  | MIERCOLES                             | JUEVES    | VIERNES | SABADO                                | DOMINGO                          |
|-------------|-----------------------------------|-----------------------------------------|---------------------------------------|-----------|---------|---------------------------------------|----------------------------------|
| Time        | Monday                            | Tuesday                                 | Wednesday                             | Thursday  | Friday  | Saturday                              | Sunday                           |
| 09:00-09:50 |                                   |                                         |                                       | HIT FIT   |         |                                       |                                  |
| 10:00-10:50 | Padel Starters / Padel Iniciación | (Intermediate Padel / Pádel Intermedio) | Cycling                               | GAP / BTL |         | Intermediate Padel / Pádel Intermedio | Cycling                          |
| 11:00-11:50 | Cycling                           | GAP/ BTL                                | Funcional / Functional Training       |           |         | Cycling                               | Full body tonning                |
| 12:00-12:50 | Tren superior/ Upper-body + CORE  | Flex Flow                               | Stretching                            |           |         | Flex Flow                             | Stretching                       |
| 13:00-13:50 | Relaxing + Stretching             |                                         |                                       |           |         |                                       |                                  |
| 17:00-17:50 | Yoga                              | Cycling                                 | Intermediate Padel / Pádel Intermedio |           |         | Stretching                            | Padel Starters/ Padel Iniciación |



Check our website for more information  
Visite nuestra web para más información

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