

B L E S S · M Y · S O U L

T A I L O R - M A D E W E L L N E S S

LUNES

07:00H

SUNRISE YOGA
40€/PAX
EPIC

17:00H

HIIT
20€/PAX
GYM TERRAZA

MARTES

08:00H

PILATES
20€/PAX
GYM TERRAZA

17:30H

HIKING ROUTE
from Cala Nova
to Cala Llenya
20€/PAX

MIÉRCOLES

09:00H

SUB YOGA
50€/PAX
LLUM

16:00H

ART OF MOVEMENT
20€/PAX
GYM

JUEVES

08:00H

BODY COMBAT
20€/PAX
GYM

16:00H

PILATES
20€/PAX
GYM TERRAZA

VIERNES

08:00H

ART OF MOVEMENT
20€/PAX
GYM

17:30H

SOUNDS HEALING
50€/PAX
CIRCUITO DE AGUAS

SÁBADO

09:00H

HATHA YOGA
20€/PAX
GYM TERRAZA

17:30H

CARDIO ATTACK
20€/PAX
GYM TERRAZA

DOMINGO

07:00H

DYNAMIC
MEDITATION CORE
40€/PAX
EPIC

BLESS

H O T E L I B I Z A



A MEMBER OF
THE LEADING HOTELS
OF THE WORLD

