



Fitness & Salsa Timetable
Thu 13th - Tues 18th June
2024



THURSDAY

Thu 13th June	Thu 13th June	Thu 13th June	Thu 13th June	Thu 13th June	Thu 13th June
16:00 - 17:30	Resort Tour Meet at the Hotel - Meet the Team and Explore the Resort Palapa Bar (wear your Salsoga T-shirt)				
21:00 - 21:30	Welcome Party - Complimentary Free Drink, DJs - Smart/Casual (Free Comp Drink served only between 21:00 and 21:30) Hotel Palapa Bar				
21:30 - 22:30	Salsa Intro for next day - DJ Hughie Latin Afro Music Introspective - Hotel Palapa Bar DJ Hughie + Ned				
22:30 - 00:00	Welcome Party Vibes with DJ Shaq D Hotel Palapa Bar				

FRIDAY

Fri 14th June	Fri 14th June	Fri 14th June	Fri 14th June	Fri 14th June	Fri 14th June
Date/Time	Aparthotel Studio	EL Teatro	Aparthotel Pool	La Bodega	Yoga Shala
08.00 - 08.45					Wake Up Meditation & Infin8flow Andrea
09.00 - 09.45					Mandala Yoga Shahana
10.00 - 10.45		Power Yoga - Sun Salutations find your core Maggie			
11.00 - 12.30		A Taste of Salsa Shines (All) Intro to Salsa dance (All)			
12.00 - 12.45		Urban Pilates Core Connection Carroll			
14.00 - 17:00			"SPLASH" - Old Skool tunes and sing-a-long anthems. Aqua with Andrew Fun, Games & Music by the Aparthotel Pool with DJ Hughie, Shaq D & Steevo Ldj		
15.00 - 16.00		A Taste of Salsa Merengue (All) Salsa (All)			
16.00 - 17.00		A Taste of Salsa Other Latin dances (All)			
17.00 - 17.45	Chillax & Stretch Carroll				
21:30 - 00:00	Salsoga Party Night - All DJs - Get Dressed Up to Get on Down!!				

SATURDAY

Sat 15th June	Sat 15th June	Sat 15th June	Sat 15th June	Sat 15th June	Sat 15th June
Date/Time	Aparthotel Studio	EL Teatro	Aparthotel Pool	La Bodega	Yoga Shala
06.30 - 07.45	Sunrise Mountain Walk with Neville and Martin Meet at the Plaza Rumbra - 06:30				
08.00 - 08.45					Wake Up Meditation Shahana
09.00 - 09.45					Nature's Rhythm (Earth) Chandra Salutes Andrea
10.00 - 10.45		Power Yoga Maggie		A Taste of Salsa Shines Salsa	Urban Pilates Core Galore Carroll Locke
11.00 - 11.45		Urban Pilates Rejuvenation Carroll Locke		A Taste of Salsa Other Latin dances	



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13:00 - 19:00

"ROCK THE BOAT" - OPTIONAL BOAT PARTY - LIMITED TO 100 PEOPLE - £65. Ride the waves for 4 hours, see Dolphins and enjoy exquisite Island Flavours cuisine washed down with our specially enhanced Rum Punch, Beer, Wine and Soft Drinks.
 Fee also includes transfers and all your favourite party tunes from Salsoga DJs
WHERE SOMETHING RED
 EVERYONE TO MEET COACH TRANSPORTATION AT 13:00 AT THE HOTEL RECEPTION (NOT APARTHOTEL RECEPTION)

21:30 - 00:00

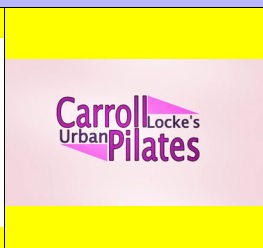
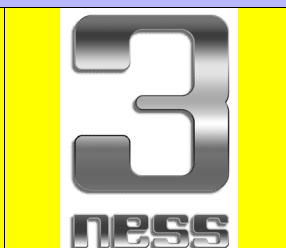
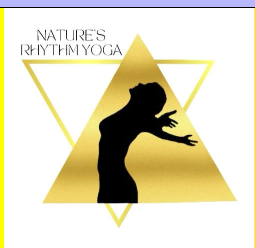
Quiz and Karaoke Night with Paul & Shaq D - **Hotel Palapa Bar**

SUNDAY

Sun 16th June	Sun 16th June	Sun 16th June	Sun 16th June	Sun 16th June	Sun 16th June
Date/Time	Aparthotel Studio	EL Teatro	Aparthotel Pool	La Bodega	Yoga Shala
06.30 - 07.45	Sunrise Mountain Walk with Neville and Martin Meet at the Plaza Rumbra - 06:30				
08.00 - 08.45					Wake Up Meditation Heart Healing - Maggie
09.00 - 09.45		Nature's Rhythm core strength Sun Salutes (Fire) Andrea			
10.00 - 10.45		Mandala Yoga Shahana		A Taste of Salsa Shines Salsa	
11.00 - 11.45		Urban Pilates Easy Like Sunday Morning Carroll Locke		A Taste of Salsa Other Latin dances	
14.00 - 14.45		A Taste of Salsa Salsa			
15.00 - 15.45		A Taste of Salsa Dance Doctor session			
17.00 - 17.45	Chillax & Release Carroll Locke				
21:30 - 00:00	A Taste of Salsa Social - Hawaiian Theme - Hotel Palapa Bar 2 rooms				

MONDAY

Mon 17th June	Mon 17th June	Mon 17th June	Mon 17th June	Mon 17th June	Mon 17th June
Date/Time	Aparthotel Studio	EL Teatro	Aparthotel Pool	La Bodega	Yoga Shala
08.00 - 08.45					Nature's Rhythm (Air) Shiva- Shakti flow Andrea
09.00 - 09.45		Power Yoga Shahana			
10.00 - 10.45		Urban Pilates Rhythm Carroll		A Taste of Salsa Shines Salsa	
11.00 - 11.45		Vinyasa Warrior Flow Maggie		A Taste of Salsa Dance Doctor session	
13:00 - 13.30	Salsoga Finale - Sports Zone				
14.00 - 17.00	"SPLASH" - Old Skool tunes and sing-a-long anthems. Aqua with Andrew Fun, Games & Music by the Aparthotel Pool with DJ Hughie, Shaq D & Steevo Ldj				
19:00 - 00.00	Farewell White Party and BBQ with Island Flavours - All DJs				



TIMETABLE CORRECT AT TIME OF PRINTING
 All classes are first come, first served - Timetable subject to change without prior notice