

Weekly Activities at Balneario de Segura

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00-09.00	Nordic Walking/Hike	Nordic Walking/Hike	Nordic Walking/Hike	Nordic Walking/Hike	Nordic Walking/Hike	Nordic Walking/Hike	Nordic Walking/Hike
07.30-10.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11.00-12.00	Aqua Tai Chi	Yoga	Aqua Tai Chi	Aqua Tai Chi	Yoga	Aqua Tai Chi	Aqua Tai Chi
12.00-13.00							
13.30-15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
17.00-18.00		Aqua Tai Chi	Health Talk	Do-in	Aqua Tai Chi		
20.30-22.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
22.00-24.00							