

Your programme at Océano 04.12.2017 – 10.12.2017

~~~~~ Monday, 04.12.2017 ~~~~~

- 8:00 **Yoga with Hari – 12,-€ / Person**
Meeting point: Saloon OCEANO (Floor 11). Please bring a towel with you
Registration at least one day before at the [Reception](#)
- 16:00 **Water Gymnastics with Alejandra - Price: 18,00€ p.p**
Registration at least one day before at the SPA-Reception
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Tuesday, 05.12.2017 ~~~~~

- 9:30 **Hiking tour to Teguste -Cruz del Carmen with Norberto - 5,-€ p.p.**
Registration and more information at the Reception desk **Min: 3 participants**
- 12:25 **Fitness with Alejandra – Free of charge**
Meeting point: SPA Reception
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Wednesday, 06.12.2017 ~~~~~

- 8:00 **Yoga with Hari - 12,-€ / Person**
Meeting point: Saloon OCEANO (Floor 11). Please bring a towel with you
Registration at least one day before at the Reception
- 9:30 **Visit to La Orotava without guide - 20,-€ p.p.**
Registration and more information at the Reception desk. **Min: 5 participants**
- 12:00 **Nordic Walking with Agnieszka - 12,-€ p.p.**
Registration & Meeting Point: Reception
Registration at least one day before at the [Reception](#)
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Thursday, 07.12.2017 ~~~~~

- 9:30 **Visit to La Laguna without guided city tour - 5,-€ p.p.**
Registration and more information at the Reception desk. **Min: 3 participants**
- 13:00 **Water Gymnastics with Alejandra - Price: 18,00€ p.p**
Registration at least one day before at the SPA-Reception
- 14:00 **Relaxing Exercises with Yulia - 12,-€ / Person**
Meeting point: Saloon OCEANO (Floor 11)
Registration at least one day before at the [Reception](#)
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Friday, 08.12.2017 ~~~~~

- 8:00 **Yoga with Hari - 12,-€ / Person**
Meeting point: Saloon OCEANO (Floor 11). Please bring a towel with you
Registration at least one day before at the [Reception](#)
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Saturday, 09.12.2017 ~~~~~

- 10:00 **Water Gymnastics with Tomasz - Price: 18,00€ p.p**
Registration at least one day before at the SPA-Reception
- 14:00 **Introduction to Spa with Romy - Free of charge**
Registration at least one day before at the Spa Reception
- 18:00 & **Therapeutic Pool Use (34°) with Hydromassage**
19:00 Registration & Meeting Point: Spa Reception Duration: 45 min **5,-€ p.p.**

~~~~~ Sunday, 10.12.2017 ~~~~~

- 9:00 **Visit to Teide with Norberto - 55,-€ p.p.**
Registration and more information at the Reception desk. **Min: 5 participants**

*Information about excursions at Reception
Registration 24 hours before*

We are here for you!

Reception (Floor 0 / Tel.: 690)

The Reception is occupied 24 hours.

Check In: 14:00 a.m.

Check Out: 11:00 a.m.

Restaurant (Floor -1, Tel. 6314)

Breakfast 08:00 – 10:30

Lunch 13:00 – 15:00

Coffee break 15:00 - 18:30

Dinner 18:30 – 21:30

Pool (Floor -1): 07:00 – 19:00

Gym (Mayr Centre): 08:00 – 20:00

Relax Room (-2) - 7:30 - 21:30

Sauna (Floor -2)

Monday- Sunday - 15:30 - 21:30

** Tuesday and Friday from 14:00 to 16:30
only for women*

Spa (Floor -1 / Tel.: 6653)

Information & Appointments

From Monday to Friday - 9:00 - 16:00

Treatments:

From Monday to Saturday - 08:00 – 20:00

Sunday Treatments: 08:00 – 16:00

Mayr Restaurant (Floor -1, Salón Anaga)

Breakfast 08:00 – 09:30

Lunch 13:00 – 14:30

Dinner 18:00 – 19:30

Mayr Centre (Tel: 952)

Monday – Saturday 09:00 – 13:00

the Spa Reception (Tel. 6653) or

María (Tel. 952)



Ocean. Consciousness. Experience. *Weekly Programme*

Your OCEÁNO Team

Hotel Management: Magda Corominas Roig

Medical Manager: Dr. Matthias Rolle

Hotel Director: Oliver Suárez Cronauer

Housekeeping: Verónica Reyes

Administration Manager: Diana Hernández

[Information for our English - speaking clients: We have a DVD player and English films at your disposal. For more information please ask at the reception.](#)

The side door to the Restaurant terrace opens with the following numerical code: 1560

Information about the magnet on the key chain

In case of losing the magnet we have to charge 25 €

You may open the following doors:

Door to the Mayr Centre / Sauna / door in the garden to the promenade

Between 09:00 p.m. and 07:00 a.m. the doors remain closed.

Of course you may use the main entrance at any time!

If you have any questions or requests, please feel free to contact us at any time!

Please visit us personally or call the Reception desk:: 690