

Activity	SCHEDULE SEMINAR GRAN CANARIA APR/MAY 2017							Comments
	Apr 26th	Apr 27th	Apr 28th	Apr 29th	Apr. 30th	May 1st	May 2nd	
	Wed	Thu	Fri	Sat	Sun	Mon	Tue	
Morning walk		07:00	07:00	07:00	07:00	07:00	07:00	Before breakfast
Morning	09:30-12:00	09:30-12:00	09:30-12:30	09:30-12:00	09:30-12:00	09:30-12:00	09:30-12:00	Karate/ Tai-chi
	Outside		Outside					
Afternoon	17:30-20:00	17:30-20:00		17:30-20:00	17:00-19:00		17:30-20:00	Tai-chi
	Outside	Outside	Excursion	Outside	Outside	Excursion	Outside	
Hours	5	5	3	5	4,5	2,5	5	30
Excursion						13:00-18:00		Chill out Amadores beach
Barbecue (included)					20:00-23:59			At the hotel
Excursion			16:00-23:00					Dinner at Bodega Vandama incl. Las Palmas

