



# A G E N D A

SPRING  
SUMMER  
2018

ACTIVITY	DESCRIPTION	🕒 HOUR & DAYS	💰
 <b>SHB SUP YOGA &amp; PILATES</b>	Get in shape with amazing views. Yoga and Pilates lesson on a paddle board thanks to our friends from PILATES SUP & BEACH (www.pilatessupbeach.com). Mojito or smoothie afterwards.	8PM TUESDAY	20€
 <b>BEACH YOGA</b>	Sunrise or sunset Yoga lessons on the beach. Includes a recovery juice/ smoothie afterwards!	Every weekend!	18/ 25€
 <b>PADDLE SURF &amp; BRUNCH</b>	SUP session with an instructor and a breakfast/brunch afterwards.	11AM-12PM SATURDAY AND SUNDAY	25€
 <b>SHB BEACH CLEANING</b>	Help us keep our beaches clean and you will get a FREE smoothie!	WHENEVER YOU WANT!	-
 <b>PADDLE SURF BOARDS</b>	After having brunch or lunch with us (15€ ticket or more), you can borrow our paddle boards for 45 minutes for FREE! Ask us for more info!	WHENEVER YOU WANT! Based upon availability and weather conditions.	-
 <b>VOLLEYBALL</b>	Take our net and plan a match with friends!	WHENEVER YOU WANT!	-
 <b>WATERSPORTS</b>	Jet ski, Chicken boat, Flyfish, Flyboard, sailing tours, boat rental... Ask us for more info and book your fun!	WHENEVER YOU WANT!	-
 <b>BEACH TRAINING BY MAGALI TRAIN BETTER</b>	Get in shape on the beach with Magali Dálix' method and have a restoring smoothie afterwards!	APRIL 28th MAY 26th JUNE 30th JULY 29th SEPTEMBER 29th	10€
 <b>SUNSET PADDLE SURF&amp;MOJITO</b>	Let's go for a sunset paddle session and have a Bacardi mojito right after!	Tuesday, Thursday and Friday at 8pm!	20€

WWW.SURFHOUSEBARCELONA.COM



TO BOOK ANY  
ACTIVITIES CALL  
93 250 70 23  
OR SEND AN EMAIL  
TO ACTIVIDADES@  
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.COM



COME INSIDE THE BAR  
AND CHECK OUR SHOWROOM  
OUT! LOTS OF COOL CLOTHES  
AND ACCESSORIES!

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YOUR BEACH  
SPOT