







A G E N D A

SPRING
SUMMER
2017

· All of our activities are for all levels! ·

ACTIVITY	DESCRIPTION	HOURS & DAYS	
 SHB SUP YOGA & PILATES	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€
 BEACH YOGA	Sunrise or sunset Yoga lessons on the beach. Includes a recovery juice/ smoothie afterwards!	TWICE A MONTH Based upon availability. Ask us for more info.	15€
 LIVE MUSIC, COCKTAILS & BEERS	Live music from 9pm to 11pm with special prices: cocktail of the week for 7€ and Moritz Buckets for 9€.	9-11PM FRIDAY	-
 PADDLE SURF & BRUNCH	SUP session with an instructor and a breakfast/brunch afterwards.	11AM-12PM SATURDAY AND SUNDAY	25 €
 SHB BEACH CLEANING	Join us to help keep our beach clean! You get a FREE smoothie for your help.	WHENEVER YOU WANT!	-
 FREE PADDLE SURF	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.	-
 VOLLEYBALL	Take our net and plan a match with friends!	WHENEVER YOU WANT!	-
 WATERSPORTS	Jet ski, Chicken boat, Flyfish, Flyboard, sailing tours, boat rental... Ask us for more info and book your fun!	WHENEVER YOU WANT!	-
 #MAGALI TRAIN BETTER BEACH	Functional training focused on surfing but suitable for EVERYONE! Get in shape with one of the best and most popular methods thanks to @Magalixdalix Recovery juice/smoothie afterwards!	ONCE A MONTH Ask us for more info.	20€
 WAKESURF / WAKEBOARD	No waves? No problem! We take you wakesurfing (or wakeboarding) to a reservoir located in a beautiful environment only an hour away from Barcelona.	BASED ON DEMAND 4 pax. minimum	40€



**TO BOOK ANY ACTIVITY,
CALL 93 250 70 23
OR SEND AN EMAIL TO
ACTIVIDADES@
SURFHOURSEBARCELONA
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**YOUR BEACH
CAFE**