



AGENDA

FALL WINTER
2018
2019

ACTIVITY	DESCRIPTION	🕒 HOUR & DAYS	🍷
 CRAZY AFTERNOON SNACKS	2X1 in nachos, mojitos , milkshakes, waffles, pancakes and triple of Nutella!	17-20H WEDNESDAY	-
 LADIES AFTERNOON	FREE* beer or mojito for all the girls! *after spending 1€ or more and maximum 2 beers per lady.	17-20H THURSDAY	-
 WINE NIGHT	Come have dinner with us and get a bottle of SHB wine for FREE for every 20€ spent!	FRIDAY	-
 BEACH YOGA Nakéd	Yoga lesson at the beach with a certified teacher. Includes a brunch and Naked juice!	10.45H SATURDAY & SUNDAY	25 €
 JUST FOR SURFERS HOT CHOCOLATE & BEER	Get a FREE hot chocolate or Moritz beer showing us our sticker on your board!	SWELL DAYS	-
 SHB BEACH CLEANING	Help us keep our beaches clean and get a FREE Ocean52 drink!	¡WHENEVER YOU WANT!	-
 BEACH SURFING WORKOUT	Functional training to be in perfect shape for surf days (and non surf days). Inside Suitable for all levels. Includes a NAKED smoothie at the end!	¡ASK US!	15 € NEW
 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.	-
 TRAIN AND CHILL	Enjoy a complete workout with TWO activities in ONE powered by SEEL: Functional training and Yoga. SEEL complements raffle at the end! NAKED juice and little snack included!	ASK US!	FREE! NEW
 SURFING LESSONS BY PUKAS	Learn to surf or improve your skills at Pukas Surf Eskola Barcelona and enjoy a brunch with us afterwards!	11:00H SUNDAY	30 € NEW



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



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

YOUR BEACH SPOT