

Wellness at DORE BOUTIQUE



Zumba For All

Join a fun and uplifting Zumba class designed for everyone! No dance experience needed- just bring yourself and your smile!

Yoga All Levels

Discover this smooth and accessible class that blends gentle stretching with dynamic movement.



Vinyasa Yoga

Experience a revitalizing flow that links breath with movement. Perfectly releasing stress and tension.

Strenght & Heal Body Training

Focusing on core and upper body mobility, this well-balanced practice release tension from back and spine and leaves you a feeling aligned, refreshed and restored



Kids Activities

Fun movement games, running, hoops, team challenges and more, adapted for all ages. A playful program designed to keep children active and smiling in a safe and happy environment.

| Hours | Monday | Tuesday | Wednesday | Thursday |
|-------------|-----------------|-----------------|-----------------|-------------------|
| 10:15-11:15 | Yoga All Levels | Zumba | Vinyasa Yoga | Heal & Strenghten |
| 11:30-12:30 | Kids Activities | Kids Activities | Kids Activities | Kids Activities |

Kids Activities by the pool, rest outside the reception.

Don't forget to bring your towel!