



HOTEL JARDÍN TECINA LA GOMERA

Unique by nature

Christmas & New Year's Eve
2025 - 2026



Monday 22, December 2025

Harmony & Fit

08:00	Morning routine
09:00	Full body
10:00	Pilates
11:00	Personal training
12:30	Aquafit
16:00	Mobility
17:00	Functional training
18:00	Personal training

Palmito Club

10:30	Nativity scene with recycled materials
11:30	Christmas twister
12:30	Family game
16:00	Aquatic games
16:30	Christmas photoframe
17:30	Videogames
20:00	Minidisco

Evening entertainment

21:15	Canarian folk group Hautacuperche: Salón Beatriz de Bobadilla
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Sports and games

10:30	Dance lesson
11:30	Table tennis
12:30	Family game

Walks and experiences

10:00	Historic walk
12:00	Wine tasting

Tuesday 23, December 2025

Harmony & Fit

- 08:00 Mobiliy
- 09:00 Hiit
- 10:00 LBT
- 11:00 Personal training
- 12:30 Aquafit
- 16:00 Pilates
- 17:00 Upper body
- 18:00 Personal training

Palmito Club

- 10:30 Christmas tree decorations workshop
- 11:30 Gymkhana "The Grinch"
- 12:30 Family game
- 16:00 Waterbasket
- 16:30 Crafts: Snow globe
- 17:30 Christmas special mini-bingo
- 20:00 Minidisco

Evening entertainment

- 21:15 Singer: Nerea Negrín

Sports and games

- 10:30 Beach volleyball
- 11:30 Darts
- 12:30 Family game

Walks and experiences

- 10:00 Guided Eco Finca tour
- 20:30 Star gazing

Wednesday 24, December 2025

Harmony & Fit

- 08:15 Meditation & sound healing
- 09:15 Hatha yoga
- 10:45 Yin yoga
- 12:00 Pilates
- 12:30 Aquafit
- 16:15 Aerial yoga
- 17:30 Vinyasa yoga

Palmito Club

- 10:30 Design you Christmas mug
- 11:30 Letter to Santa
- 12:30 Family game
- 15:00 Sock decoration for the fireplace
- 16:00 Christmas face painting

Dinner will be served in Las Viñas Buffet from 18:00 to 21.00

In this way our employees can join their loved ones for dinner in the Spanish tradition.
Thank you for your understanding.

Sports & games

- 10:30 Paddle tennis
- 11:30 Billards
- 12:30 Family game
- 15:00 Petanque
- 16:00 Sjoelen

Walks and experiences

- 10:00 Banana plantation tour

Thursday 25, December 2025

Harmony & Fit

- 08:00 Pranayamas & meditation
- 09:15 Vinyasa yoga
- 10:45 Pilates
- 12:00 Aquayoga
- 12:30 Aquafit
- 17:30 Hatha yoga & sound healing

Palmito Club

- 10:30 Christmas biscuits workshop
- 11:30 Kid's dance Xmas edition
- 12:30 Family game
- 16:30 Santa Claus arrival: Salón Beatriz de Bobadilla
- 20:00 Minidisco

Evening entertainment

- 21:15 Special Christmas Show by the entertainment team: Salón Beatriz de Bobadilla

Sports and games

- 10:30 Beach tennis
- 11:30 Table tennis
- 12:30 Family game

Walks and experiences

- 10:00 Botanical walk
- 12:00 Show cooking

Friday 26, December 2025

Harmony & Fit

- 08:00 Morning routine
- 08:15 Meditación & sound healing
- 09:00 Full Body
- 09:15 Hatha yoga
- 10:00 Stretching
- 10:45 Yoga for beginners
- 11:00 Personal training
- 12:00 Vinyasa yoga
- 12:30 Aquafit
- 16:00 Pilates
- 16:15 Aerial yoga
- 17:00 Tabata
- 17:30 Yin yoga
- 18:00 Personal training

Palmito Club

- 10:30 Crafts: aquarium
- 11:30 Game with soap bubbles
- 12:30 Family game
- 16:00 Waterbasket
- 16:30 Clay handcrafts
- 17:30 Waterballons battle
- 20:00 Minidisco

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Sports and games

- 10:30 Paddle tennis Christmas tournament
- 11:30 Dance lesson
- 12:30 Family game
- 16:00 Billards
- 17:00 Squash
- 18:00 Spikeball

Walks and experiences

- 10:00 Geological walk
- 14:30 Best of La Gomera slideshow

Evening entertainment

- 21:15 Entertainment team show:
Salón Beatriz de Bobadilla

Information subject to change

Saturday 27, December 2025

Harmony & Fit

- 08:00 Mobility
- 08:00 Pranayamas & meditation
- 09:00 Pilates
- 09:15 Vinyasa yoga
- 10:00 Functional training
- 10:45 Yin yoga
- 11:00 Personal training
- 12:00 Aqua yoga
- 12:30 Aquafit
- 16:00 Stretching
- 16:00 Power yoga
- 17:00 LBT
- 17:30 Hatha yoga & sound healing
- 18:00 Personal training

Palmito Club

- 10:30 Pirate hat and hook
- 11:30 Gymkhana
- 12:30 Family game
- 16:00 Aquatic games
- 16:30 Make your pirate flag
- 17:30 Treasure hunt
- 20:00 Minidisco

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Sports and games

- 10:30 Beach volleyball
- 11:30 Waterpolo
- 12:30 Family game
- 16:00 Table tennis
- 17:00 Darts
- 18:00 Sjoelen

Evening entertainment

- 21:15 Entertainment team show:
Salón Beatriz de Bobadilla

Information subject to change

Sunday 28, December 2025

Harmony & Fit

08:00	Morning routine
08:15	Meditation & sound healing
09:00	HIIT
09:15	Hatha yoga
10:00	Crosstraining
10:45	Yoga for beginners
11:00	Personal training
12:00	Vinyasa yoga
12:30	Aquafit
16:00	Pilates
17:00	Core
17:30	Yoga Kundalini
18:00	Personal training

Palmito Club

10:30	Eco Finca visit for kids
11:30	Videogames
12:30	Family games
16:00	Aquatic races
16:30	Nature wall
17:30	Palmito orchard
20:00	Minidisco

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Sports and games

10:30	Beach tennis
11:30	Water volleyball
12:30	Family game
16:00	Petanque
17:00	Dance lesson
18:00	Mölkky

Walks and experiences

16:15	Natural smoothies workshop
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Evening entertainment

21:15	Entertainment team show: Salón Beatriz de Bobadilla
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Information subject to change

Monday 29, December 2025

Harmony & Fit

- 08:00 Morning routine
- 09:00 Full body
- 10:00 Pilates
- 11:00 Personal training
- 12:30 Aquafit
- 16:00 Mobility
- 17:00 Functional training
- 18:00 Personal training

Palmito Club

- 10:30 Paint your T-shirt
- 11:30 Game: Tossit
- 16:00 Aquatic games
- 16:30 Handcraft: Colouring salts
- 17:30 Twister
- 20:00 Minidisco

Evening entertainment

- 20:45 Saxophonist Domingo Santos: Salón Beatriz de Bobadilla

Sports and games

- 10:30 Dance lesson
- 11:30 Table tennis
- 12:30 Family game

Walks and experiences

- 10:00 Historic walk
- 12:00 Wine tasting

Tuesday 30, December 2025

Harmony & Fit

- 08:00 Mobily
- 09:00 Hiit
- 10:00 LBT
- 11:00 Personal training
- 12:30 Aquafit
- 16:00 Pilates
- 17:00 Upper body
- 18:00 Personal training

Palmito Club

- 10:30 Handcrafts with recycled materials
- 11:30 Videogames
- 12:30 Family game
- 16:00 Waterbasket
- 16:30 Macaroni necklace
- 17:30 Gymkhana
- 20:00 Minidisco

Evening entertainment

- 21:00 Duo Viva: Salón Beatriz de Bobadilla

Sports and games

- 10:30 Beach volleyball
- 11:30 Darts
- 12:30 Family game

Walks and experiences

- 10:00 Guided Eco Finca tour
- 20:30 Star gazing

Wednesday 31, December 2025

Harmony & Fit

- 08:15 Meditation & sound healing
- 09:15 Hatha yoga
- 10:45 Yin yoga
- 12:00 Pilates
- 12:30 Aquafit
- 16:15 Aerial yoga
- 17:30 Vinyasa yoga

GRAN GALA FIN DE AÑO 2025/2026

- 19:00 Cocktail, welcome canapés and speech by the hotel manager in the pool area
- 20:00 Gala dinner in Las Viñas and Gara Restaurants
- 23:00 The party starts at Salon Beatriz de Bobadilla with Dailos di Marco DJ
- 23:45 Big prize draw
- 23:59 Bells and lucky grapes
- 00:00 Happy 2026 – New Year’s Eve party continues at Salon Beatriz de Bobadilla with Dailos di Marco DJ
- 00:30 Late-night snack with Christmas broth and berlíners

Sports and games

- 10:30 Paddle tennis
- 11:30 Billards
- 12:30 Family game
- 15:00 Petanque
- 16:00 Sjoelen

Palmito Club

- 10:30 Carnival masks
- 11:30 Wishes for 2026 and musical games
- 12:30 Family game
- 15:00 Facepainting
- 16:00 Fashion show

Walks and experiences

- 10:00 Banana plantation tour

Happy New Year!

Thursday 1, January 2026

Welcome 2026!

NEW YEAR PROGRAMME 2026

Harmony & Fit

08:00	Pranayamas & meditation
09:15	Vinaya yoga
10:45	Pilates
12:00	Aquayoga
12:30	Aquafit
17:30	Hatha yoga & sound healing

Palmito Club

10:30	Olympic medal
11:30	Mini-soccer
12:30	Family game
16:00	Aquatic games
16:30	Olympic crown
17:00	Olympic games
20:00	Minidisco

Evening entertainment

21:15	Entertainment team show: Salón Beatriz de Bobadilla
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Sports and games

10:30	Beach tennis
11:30	Table tennis
12:30	Family game
16:00	Badminton
17:00	Darts
18:00	Shuffleboard

Walks and experiences

10:00	Botanical walk
12:00	Show cooking

Friday 2, January 2026

Harmony & Fit

- 08:00 Morning routine
- 08:15 Meditación & sound healing
- 09:00 Full Body
- 09:15 Hatha yoga
- 10:00 Stretching
- 10:45 Yoga for beginners
- 11:00 Personal training
- 12:00 Vinyasa yoga
- 12:30 Aquafit
- 16:00 Pilates
- 16:15 Aerial yoga
- 17:00 Tabata
- 17:30 Yin yoga
- 18:00 Personal training

Palmito Club

- 10:30 Crafts: aquarium
- 11:30 Game with soap bubbles
- 12:30 Family game
- 16:00 Waterbasket
- 16:30 Clay handcrafts
- 17:30 Waterballons battle
- 20:00 Minidisco

Sports and games

- 10:30 Paddle tennis
- 11:30 Dance lesson
- 12:30 Family game
- 16:00 Billards
- 17:00 Squash
- 18:00 Spikeball

Walks and experiences

- 10:00 Geological walk
- 14:30 Best of La Gomera slideshow

Evening entertainment

- 21:15 Entertainment team show:
Salón Beatriz de Bobadilla

Saturday 3, January 2026

Harmony & Fit

- 08:00 Mobility
- 08:00 Pranayamas & meditation
- 09:00 Pilates
- 09:15 Vinyasa yoga
- 10:00 Functional training
- 10:45 Yin yoga
- 11:00 Personal training
- 12:00 Aqua yoga
- 12:30 Aquafit
- 16:00 Stretching
- 16:00 Power yoga
- 17:00 LBT
- 17:30 Hatha yoga & sound healing
- 18:00 Personal training

Palmito Club

- 10:30 Pirate hat and hook
- 11:30 Gymkhana
- 12:30 Family game
- 16:00 Aquatic games
- 16:30 Make your pirate flag
- 17:30 Treasure hunt
- 20:00 Minidisco

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Sports and games

- 10:30 Beach volleyball
- 11:30 Waterpolo
- 12:30 Family game
- 16:00 Table tennis
- 17:00 Darts
- 18:00 Sjoelen

Evening entertainment

- 21:15 Entertainment team show:
Salón Beatriz de Bobadilla

Information subject to change

Sunday 4, January 2026

Harmony & Fit

08:00	Morning routine
08:15	Meditation & sound healing
09:00	HIIT
09:15	Hatha yoga
10:00	Crosstraining
10:45	Yoga for beginners
11:00	Personal training
12:00	Vinyasa yoga
12:30	Aquafit
16:00	Pilates
17:00	Core
17:30	Yoga Kundalini
18:00	Personal training

Palmito Club

10:30	Eco Finca visit for kids
11:30	Videogames
12:30	Family games
16:00	Aquatic races
16:30	Nature wall
17:30	Palmito orchard
20:00	Minidisco

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Sports and games

10:30	Beach tennis
11:30	Water volleyball
12:30	Family game
16:00	Petanque
17:00	Dance lesson
18:00	Mölkky

Walks and experiences

16:15	Natural smoothies workshop
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Evening entertainment

21:15	Entertainment team show: Salón Beatriz de Bobadilla
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Information subject to change

Monday 5, January 2026

Harmony & Fit

08:00	Morning routine
09:00	Full body
10:00	Pilates
11:00	Personal training
12:30	Aquafit
16:00	Mobility
17:00	Functional training
18:00	Personal training

Palmito Club

10:30	Crafts: Snow globe
11:30	Videogames
12:30	Family game
16:00	Aquatic games
16:30	Facepainting
17:30	Fashion show
20:00	Minidisco

Sports and games

10:30	Dance lesson
11:30	Table tennis
12:30	Family game

Walks and experiences

10:00	Historic walk
12:00	Wine tasting

Evening entertainment

20:00	Live music: Salón Beatriz de Bobadilla
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Tuesday 6, January 2026

NEW YEAR PROGRAMME 2026

Harmony & Fit

08:00 Mobiliy
09:00 Hiit
10:00 LBT
11:00 Personal training
12:30 Aquafit
16:00 Pilates
17:00 Upper body
18:00 Personal training

Palmito Club

10:30 Biscuit workshop
11:30 Design your mug
12:30 Family game
16:30 Three Wise Men arrival:
Salón Beatriz de Bobadilla
20:00 Minidisco

Sports and games

10:30 Beach volleyball
11:30 Darts
12:30 Family game

Walks and experiences

10:00 Guided Eco Finca tour
20:30 Star gazing

Evening entertainment

21:00 Duo Viva: Salón Beatriz de Bobadilla



HOTEL JARDÍN TECINA

La Gomera



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