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#### **SUMMARY SUMARIO**

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YOUR KIDS TO HOLD **A HEALTHY POSTURE** 

#### **GASTRONOMY** 5

CONQUERING 14 **THE WORLD** 



NEW ADDITION 32



4' LIFESTYLE





**BACK TO** THE START



SOCIAL

DATING

**RUMORS?** 



79

82

66





EXCITING NEWS! 96

Who's In Who's Out

MAGAZINE attended the

106

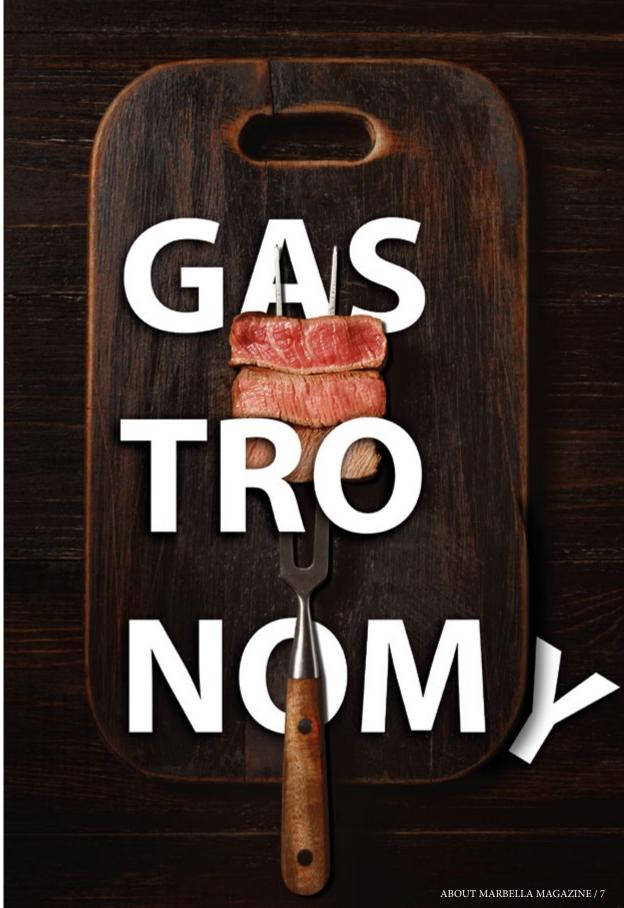
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6 / ABOUT MARBELLA MAGAZINE







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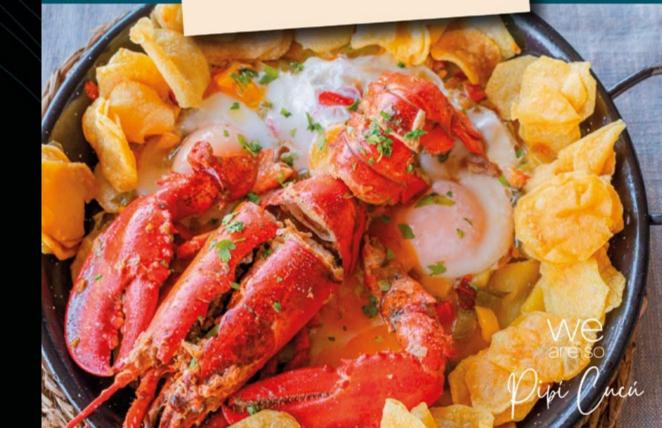
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Cate Blanchett was extra classy in velvet at the Oscars' red carpet.



Joe Jonas and Sophie Turner went for a chill stroll in L.A. this past week.



Taylor Swift just kicked off her latest world tour called 'Eras', where she is revisiting her most iconic singles and albums. This high budget production has been a complete success so far, with sould out stadium shows all over the United States and a long list of upcoming dates in Europe, Australia and Asia.

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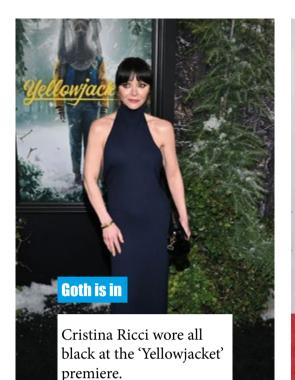


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# A HABANA LOUNGE







Megan Fox and Machine Gun Kelly might have broken up, following messages and the deleting of couple pictures from the actress' social media. The two have been seen together everywhere for the last couple of years but some cheating rumors might have called it quits. All in 7 Café

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Prince William visited the troops at the Ukranian-Polish border last month.



Florence Pugh was true to her alternative style even at this year's Oscars.



Actor Jeff Goldblum confirmed his upcoming appearance in the movie adaptation of the musical 'Wicked' alongside Cynthia Erivo and Ariana Grande, who have been updating fans on the project. He said that the whole cast is super talented and professional.



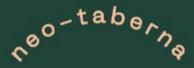
32 / ABOUT MARBELLA MAGAZINE



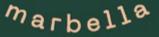
Sandra Oh was a ray of sunshine at the Oscars' red carpet.



Angelina Jolie was seen with a new man, maybe suggesting her new relationship. 



# Roo-taberno BANBOLEO





Singer Shawn Mendes and Tommy Hilfiger released their joint collaborative collection last month with a big celebration full of celebrities, fashion professionals and friends of the two. The collab has had a very positive response from customers and fans.



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# MENÚ EJECUTIVO De martes a viernes al medio día



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New experience to feel like pagadise

#### Todo 10 que puedes hacer en el Hotel Don Carlos Resort & Spa

Podrán contártelo, pero nada como vivirlo. Situado frente a la playa de Elviria, el hotel Don Carlos Resort & Spa no solo cuenta con los todos lujos de un hotel 5 estrellas, sino que además abre sus puertas a quienes no se encuentren alojados en el hotel, para que puedan disfrutar al máximo, a través de la oferta de sus tres exclusivos paquetes DayPass. No te preocupes por los niños quienes también podrán disfrutar como nunca en la zona reservada única y exclusivamente para ellos.

#### Experiencias para disfrutar del hotel

Así, más allá del servicio de alojamiento, contando con 35 habitaciones de ensueño, 49 villas y 215 habitaciones, el resort pone a disposición de quienes no estén alojados en el hotel, los siguientes servicios: 5 restaurantes exclusivos, zona de spa, con servicios de masajes y tratamientos de belleza, club de tenis y la zona para niños.

#### 1. Restaurantes:

- Los Naranjos: ambientando en un típico mercado andaluz e inspirado en los sabores del mediterráneo, es el restaurante dedicado principalmente al desayuno. Destacan sus productos de temporada.
- Loop and pool: junto a la piscina de Don Carlos donde los cocktails y los snacks son la apuesta principal. Su carta también incluye paellas, pescados frescos y ensaladas ligeras.
- Don Carlos Beach Club: en el club de playa priman los sabores más auténticos de la gastronomía andaluza. Además, la carta cuenta también con una interesante selección de cocktails y de aperitivos.





• Ombú: en él se pueden encontrar platos icónicos de la gastronomía tailandesa en un ambiente exótico que conforma un jardín tropical y disfrutar de un atardecer mágico e inolvidable. bañado por el mar.

 Bahía: basado en las recetas clásicas de la gastronomía española, a las que se les ha añadido toques de sofisticación y ligereza. Bahía pone el foco en la materia prima de calidad, ofreciendo a sus clientes sorprendentes propuestas culinarias frente a un jardín bañado por el mar.



2. Don Carlos Tennis Club: sin duda, uno de sus puntos fuertes. Se trata de unas instalaciones exclusivas con las mejores pistas de tierra batida de la Costa del Sol, donde entrenan profesionales como Alejandro Davidovich, la promesa malagueña del tenis internacional. Equipado con 9 pistas ofrece servicios de escuela para niños, clases para adultos, reserva de pistas y reparación y venta de raquetas.



**4.** Don Carlos Beach Club: exclusivo club de rodeado de vegetación tropical, con hamacas, camas balinesas, una gran piscina y la suave música deep tropical house para pasar una tarde relajada.



**3.** The Oasis Wellness & Spa: espectacular complejo de inspiración mediterránea destinado al bienestar. El Spa cuenta con un circuito de agua de 1.600 metros cuadrados, sauna, baños de vapor, un templo de duchas y una cabina de aromas.



**5.** The Expedition Junior & Kids Club: jardín privado, piscina de uso exclusivo para niños y servicio continuo de guardería. Para niños y niñas de 4 – 12 años.

Que no te lo cuenten, latrévete a vivir la experiencia Don Carlos! No te arrepentirás. Toda la información en su web: doncarlosresort.com

# PUBLIEDAD MARKETING EVENTOS

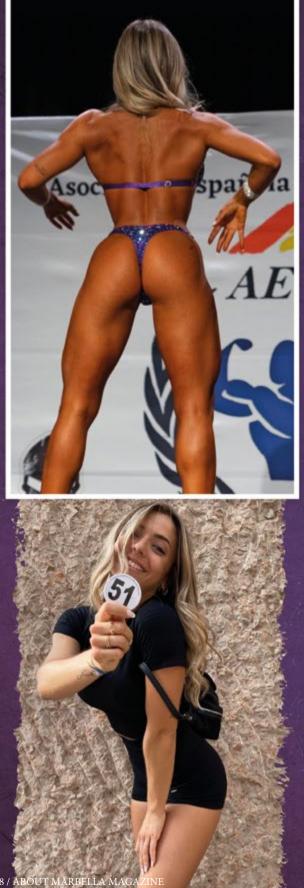
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## FITNESS SALUD VS CULTURISMO

El culturismo es la máxima expresión de la mejora de la composición corporal. Es una disciplina en la cual se busca alcanzar el mayor nivel de masa muscular y menor porcentaje graso posible, y para ello, como en cualquier otra disciplina donde buscamos el máximo rendimiento, hay que aceptar una serie de peros que esto puede suponer.

**1.** A nivel dietético, alcanzar un % graso lo suficientemente bajo como para competir en culturismo requiere de un nivel de precisión en la alimentación que conlleva una serie de restricciones que quizá, una persona que simplemente quiere reducir su % graso para verse mejor, no debe hacer. Aligual que un chico de 70 kg que quiere ganar masa muscular y empieza en el gimnasio por primera vez tampoco tiene que comer cantidades similares a las de un culturista de 120 kg magros.



**2.** Con el entrenamiento sucede igual y es que, vemos a personas que acaban de comenzar en el gimnasio tratando de realizar sesiones propias de un culturista experimentado.

Día a día podemos ver a personas sin experiencia entrenando que aún no controlan los patrones de movimiento básicos,nohanaprendidoaexprimirgrados de esfuerzo altos y ya se están haciendo rutinas con un montón de ejercicios por grupo muscular y otras muchas series en cada uno...

Que el culturismo sea la máxima expresión de la mejora de la composición corporal no quiere decir que las personas que solo quieren mejorar su composición corporal por verse y sentirse bien, tenga que adoptar enfoques ligados al culturismo. Los enfoques excesivamente restrictivos a niveldietéticopropiosdelculturismotienen consecuencias para la salud: alteraciones metabólicas, deficiencias, problemas de la conducta alimentaria (mala relación con la comida, trastornos psicológicos..) No suelen resultar sostenibles y se acaban abandonando (0 resultados). Pasa lo mismo con el entrenamiento si no haces algo realmente adaptado a tu contexto personal.

Lo mejor es tener claro cuál es tu objetivo, centrarte en él y buscar a una persona especializada para que pueda ponerse contigo e ir a por tus propias necesidades.

Natalia Martt





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#### THE MC20 SUPER SPORTS CAR, NOW ALSO A SPYDER

#### Highlights

- Maserati presents the MC20 Cielo, a new, one-of-a-kind spyder, taking the driving experience to a holistic and immersive level.
- MC20 Cielo stands out for its electrically retractable glass roof, the epitome of technology. Maserati is innovative by nature: Polymer-Dispersed Liquid Crystal (PDLC) technology makes it possible for the roof to be turned clear or opaque in an instant. The central display can also be used to operate the roof at a speed of up to 50 km/h, in complete safety.
- The in-car experience is multi-faceted: all-encompassing with the roof closed and opaque; a unique "sky feeling" when the roof is transparent; multi-sensory with the top down.
- Other standout features include the thermal insulation in the glass roof the largest in the segment and an opening and closing speed of just 12 seconds.
- The PrimaSerie Launch Edition of Maserati MC20 CIELO exclusively features a new three-layer color known as Acquamarina, as part of the Maserati Fuoriserie customization program. In addition to the limited color, the Primaserie MC20 CIELO will also feature exclusive content.

- The new model retains the best-in-class specifications of the MC20 super sports car: bold in every respect, it epitomizes Maserati's typical GranTurismo spirit. The spyder is designed for perfection, while maintaining the dynamic performance and driving pleasure of the coupé.
- Excellent power-to-weight ratio, with minimal increase in weight from the coupé. The body is made of carbon fiber and composite materials in its entirety, an identical solution for all the configurations to come: coupé, spyder and, in the future, electric.
- Storage space and interior roominess remain unchanged from the coupé version.
- Refined, clean and innovative 360° aerodynamics, tested in a wind tunnel.
- Great acoustic comfort to ensure everyday usability, minimising vibrations.



Performance and comfort: the dual souls of Maserati, harking back to the brand's racing roots and its iconic GranTurismo spirit. These features are now taken to a new level in terms of performance and driving pleasure in the great outdoors: Maserati presents the MC20 CIELO spyder.

Equipped with the revolutionary V6 Nettuno engine that made its debut in the 2020 MC20, MC20 CIELO offers a perfect mix of sportiness and luxury, courtesy of a specification unique to the segment: the innovative retractable glass roof.

A "first of its kind" and best-in-class in terms of thermal insulation, of opening and closing speed (just 12 seconds), and of how it epitomizes the best in technology. To do so, the new model is equipped with a state-of-the-art electrochromic (smart glass) window that can instantly be transformed from clear to opaque at the touch of a button on the central screen, courtesy of Polymer-Dispersed Liquid Crystal (PDLC) technology.

As such, MC20 CIELO provides a multi-faceted driving experience: all-encompassing with the roof closed and opaque; a unique "sky feeling" when the roof is transparent; holistic with the top down.

When a coupé is transformed into a convertible, the increase in weight is usually a major challenge. Innovative by nature, Maserati has managed to limit this and maintain the innate sporty DNA of the MC20.



The MC20 Cielo weighs just 65 kg (143 pounds) more than the coupé, made possible by meticulous, precise work during the stages of the car's design. By limiting the increase in weight to around 60 kg, Maserati maintains the dynamic performance and driving pleasure of the coupé version in the MC20 Cielo.

The carbon fiber chassis also guarantees uncompromising torsional rigidity, offering a combination of extraordinary handling on the road and on the track.

By: Guillermo Fernández de Ateca Barber.

# LOTUS EMIRA

#### NAMED BEST PERFORMANCE CAR AT 'UK CAR OF THE YEAR' AWARDS

- Emira praised for high level of interior quality, dynamic performance and value for money
- Judges drawn from across the automotive media landscape
- Emira now goes forward for the overall UK Car of the Year title

28 February 2023 The Lotus Emira has been named Best Performance Car at the 'UK Car of the Year' awards 2023.

Powered by either a 2.0-litre turbocharged four-cylinder or a 3.5-litre supercharged V6 engine through a manual, automatic or Dual Clutch Transmission, the Emira delivers breath-taking performance and class-leading ride and handling. It is a junior supercar with everyday usability, beautifully balanced with excellent steering weight. Delivering a shift in practicality, comfort, functionality and technology, it is a true Lotus – nimble, mid-engined, exotic looking and competitively priced. It is the most accomplished Lotus road car ever to come out of the Hethel factory gates.







- All-new mid-engined sports car perfectly embodies ongoing transformation of iconic British sports car manufacturer
- Striking design, delivering exotic supercar appeal in sports car segment
- Inspiration from Lotus Evija hypercar clear in fluid surfaces and crisp feature lines
- Developed on Lotus' recently announced Sports Car Architecture
- Two petrol engines available, including new-to-Lotus 2.0-litre turbocharged 'i4' from technical partner AMG
- Much-loved and characterful 3.5-litre supercharged V6 from Exige and Evora to feature as 'First Edition' range-topper
- Manual, automatic and Dual Clutch Transmission to maximise global appeal
- Power output from 360 to 400 hp at launch
- 0-62mph (0-100km/h) in less than 4.5 seconds
- Top speed of up to 180mph (290km/h)
- Target weight of 1,405kg in its lightest form
- Prices will start from £59,995 with V6 First Edition costing £75,995

By: Guillermo Fernández de Ateca Barber.

ABOUT MARBELLA MAGAZINE / 57

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LUCON LOAT C

## Tips for teaching your kids to hold a healthy posture



It is very common to have parents in the clinic asking about their kid who is "walking a little funny" or "sitting in a strange postures all day"...

Usually, it is difficult to know what is expected at those ages and what needs to be checked or fixed. It is normally around the age of 10 that we can see more clearly, their posture could be better. Parents usually pick up on their feet being flat, the knees collapsing inwards or the slouching. Even if your kid doesn't show any signs of unusual gait or excessive slouching, you should still keep an eye on their overall posture and teach them "spinal hygiene" to keep their backs healthy in the long term.

#### Here are some tips:

#### Related to school.

According to the American Academy of Pediatrics, backpacks that are too heavy or are worn incorrectly can cause muscle and joint injury, along with back, neck and shoulder pain. Look for wide, padded shoulder straps and a waist strap to help with weight distribution. Encourage your child to wear their backpack on both shoulders rather than throwing them over just one shoulder.

#### Watch out at home.

A proper desk set-up encourages healthy alignment and should include a comfortable chair and space for a computer. Try to avoid your kid using a laptop on their bed or in their lap. Looking down all the time puts a lot of strain on the neck. This can possibly impact how kids' bodies develop and grow over time.

#### Sitting properly.

While it's tempting to tell our hunched-over kids to "sit up straight," this isn't a particularly helpful approach, because they'll end up sitting in a way that's unnaturally rigid. Instead, suggest teaching your child to sit on their "sits bones" – the bony protrusions you can feel if you slide your hand under your butt while sitting. Once you're centred on your sits bones, your whole body can start to organize itself around a supportive base.

#### Fight bad posture with strength.

One of the biggest risks to posture is lack of physical activity, kids who exercise tend to have better posture, more upright versus slumped. Getting your kid moving is the key. And we are very sorry to inform that school P.E is very helpful but not enough.

All activity is good, but the most impactful activities on their body development will be: swimming, running, martial arts, pilates, yoga, basketball and circuit training.

#### Lead by example.

Try to incorporate these tips on your daily life and let them see you holding yourself upright as well!

For any other advise you always have us at CostaSpine who can help assess your child and give them the necessary treatment and tips.





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La Asociación DEBRA-PIEL DE MARIPOSA es la asociación española de personas con Epidermólisis bullosa. Una ONG sin ánimo de lucro declarada de Utilidad Pública dedicada a mejorar la calidad de vida de las personas con Piel de Mariposa y sus familias en España.



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Club de Niños

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### Personal training

The personal trainer market is really saturated, and it's normal for humans to have a certain difficulty when making a decision, especially when it comes to people.

As a general rule, we look for that reference person who is an example for us, whether it be due to their lifestyle or physical appearance, and we tend to see ourselves reflected in that person. So, when deciding, we choose someone who is more aligned with our goal, whether it be realistic or a product of our imagination.

Why should you hire a personal trainer?

Are you hiring a trainer for health reasons? To feel good? Do you want to improve your performance in a sport? Or do you want to be the center of attention when summer comes?

Regardless of the reason, hiring a personal trainer is essential to achieve your physical and even mental goals.

Because although humans have the idea that they know everything, we always need a mentor or teacher to guide us along the way.

Alright. You have decided to hire a personal trainer.

Read carefully.

64 / ABOUT MARBELLA MAGAZINE

Never hire someone who sells you the magic method, forget the showmen on social media.

Look for a professional who knows how to use the different variables of training to your advantage, meaning adapting the training to you, your physical structure, your level of training, social life, or even knowing your level of stress at work. Believe me, every little thing counts. It's really about finding more than just "Personalized training programs" (I imagine you're tired of hearing this phrase).

Okay, knowing all of this, how do I detect a good trainer?

#### Tips for detecting a good professional:

Communication: A good trainer can easily communicate all exercises or movements in the training, and they don't have to use complex words to seem like they know the topic.

Commitment: A truly professional trainer will commit to you and your goals.

Adaptation: Adapt or die, or so they say. In a training program, it's absolutely necessary to change things practically every week, whether it's because we lose performance in sessions or due to different social reasons. A good trainer will always be able to adapt to what benefits you day by day.

Trust: We are people, and people transmit good or bad energy practically at first sight. An extraordinary trainer will make you feel understood and listened to.

I hope I have helped you in finding a good coach and especially why you should have one. Here are our social media and website links for you to check out our wonderful professionals

() real club padel marbella realclubpadelmarbella.com

# Back to the start

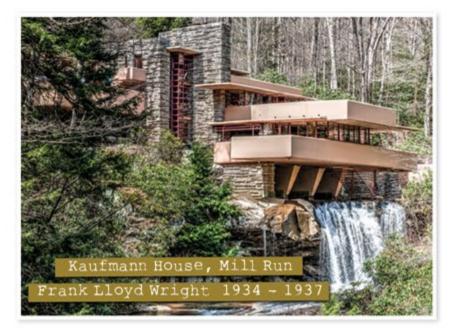
Lately, we have noticed that, fortunately, it is becoming more and more common for architects and designers around the world to look more and more closely at organic design.

We thought it was very interesting to talk about it because, far from being something new, it emerged in the 1930s, and since then, it has always been there, but it was only a couple of years ago that it began to be incorporated into interior design with greater interest and regularity thanks to globalisation and awareness of environmental preservation, to the point that, nowadays, it is fully integrated.

Now more than ever, we are looking to reconnect in some way. We are so far removed and so busy in our lives filled with artificial materials and screens that we are desperately looking for a way to reconnect with it.

This style of design seeks, above all, functionality, balance and simplicity. It avoids excesses, artificial components such as plastic and bright colours that would be difficult to find in a natural environment.

Sounds good, doesn't it? However, how do we manage to harmonise with nature and the environment?



Here at Lord Designs we are going to tell you some keys of the organic style and how to achieve it!

### Curved lines

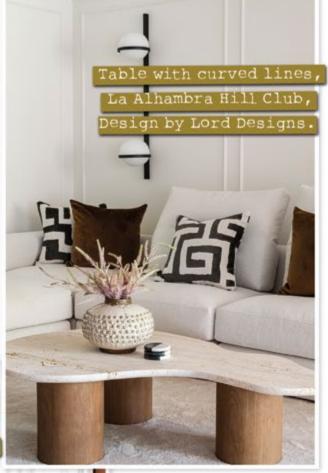
If we look at nature, curved and irregular lines predominate over straight lines. That's why, in organic design, a lot of importance is given to these shapes.

The ideal is to mix in proportions curved finishes with more angular finishes making them coexist in perfect consonance.

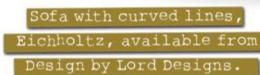
Details on the terrace

La Alhambra Hill Club,

Design by Lord Designs.







### Natural materials

Another recurrent way to transport us to nature and to make a more sustainable design is through natural materials.

Wood, stone and natural fibers such as rattan, jute, wicker or bamboo are the materials par excellence.

They allow us to create more relaxed and authentic environments. The imperfections, sinuous lines and unique veins of these materials make each interior unrepeatable.





### Colour palette

And what are the most commonly used colours in organic designs?

As is logical, the colour palette that predominates in organic designs is made

up of the colours found in nature. Depending on the elements we choose and their colours, we can achieve designs with very different effects. Some are very contrasting and striking, others are more relaxing and neutral





Palette of contrasting colours. This can be achieved by using darker woods such as walnut, combining it with materials such as cotton and adding large plants. Neutral colour palette using Off-white, grey and beige tones.



Bearing in mind that most of the elements that we will use in our design will be composed of natural materials, this will redirect us in a very easy and intuitive way.

Browns of wood, ochres and oranges typical of natural fibres, greys and whites characteristic of stone, or different shades of green will be the most used.





# Matural lighting, spaciousness and functionality

The organic style is based on open and diaphanous spaces and gives crucial importance to natural lighting. Light voiles in materials such as linen and light neutral tones will dress the large windows allowing the maximum possible light to enter.

Kitchen hidden in the background, totally open to the dining area and living area. Large windows that let in natural light. *Cortijo Blanco, design project by Lord Designs.* 

Also, one of the most marked characteristics of organic design is functionality. We will look for furniture that meets specific needs and that in one way or another makes our lives easier. It will always tend towards minimalism and will avoid overloading environments with accessories or unnecessary elements.



Houseplants inside a project by AD100 Nate Berkus

We hope that this trend is here to stay, because as a studio, we believe that sustainability and the creation of long-lasting and quality spaces are very important. Besides, at an aesthetic level, we think it is very timeless and interesting. And you? What do you think about this trend?

#### www.lorddesigns.com f Lord Designs Interiors

Carretera A7 Cadiz-Malaga KM. 164,500, Urb. Playa de la Cancelada CP 29688 Estepona



Teams Management's The human value in companies.

We are in the digital era, and most of the It depends on the degree of involvement of actions we carry out during the day are done through a screen of approximately 6.7 inches. The whole world moves in that small rectangle called a smartphone.

A loss of human sensitivity between screen and screen.

An automated world where human interaction has become a scarce and highly valued commodity, and yet companies currently have the highest turnover of employeesinyears, with work environments that could well be considered a new kind of weather and a lack of motivation among their depressed employees.

What's happening, bosses? Arewere placing people with numbers?

Nowadays, we can see "movie teams" with their protagonist, villain and other characters who, well, are there and we forget the true value of the word team: "People trusting people".

Apart from movies, there are leaders who don't quite believe in the current value of having a motivated, efficient, talented and problem-solving team. Although many wonder, is this possible? Or is it just a product of the big American screen? The answerislike everything in life, "it depends".

the leaders in transmitting their values and way of doing things.

It depends on the leader's ability to have a long-term vision when building the team. It depends on the general culture of the company.

And it depends on the value the company places on people.

Before replacing people, let's talk about numbers:

- Increased sales by 37%.
- Increased customer satisfaction by 10%.
- •Employees are able to increase their performance by up to 43%.

Valuing people has a high return on investment for companies, exponentially boosting their results.

The numbers speak for themselves.

Never before has it been so important to take care of the team as if it were your own family and encourage the right business values around it in an extremely competitive world that tries to forget the differential value of humans.

Leaders and companies should never forget that people are what moves organizations.

in Javier Gómez. I Javiergomezpt



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Bad Bunny was seen with Kendall Jenner, maybe hinting a new relationship between the two.



Halle Bailey was a real life Disney princess at the Oscars' after party.



Keanu Reeves is enjoying the positive reaction of his latest 'John Wick' release, appearing on screen alongside other stars like Bill Skarsgård or Rina Sawayama. He had revealed that he is grateful for this moment in his carreer and personal life.



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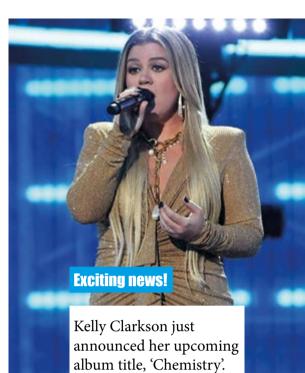




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Owen Wilson will be starring in the second season of Marvel's 'Loki'.



This year's Oscars were a celebration of differences and people who were forgotten by the film industry. The main winners of the night were the stars of 'Everything, Everwhere, All at Once' Michelle Yeoh, Ke Huy Quan and Jamie Lee Curtis; alongside 'The Whale' actor Brendan Fraser.



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FRIDAY 5TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET) 4PM PALMERA: TBC LIVE! & DJ TERRY HOBBS 8PM FARO DISCO: SUPERVIBE W/ RAY OKPARA 10PM

#### SATURDAY 6TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET), 4PM FARO DISCO: BOREAL W/ GERMAN BRIGANTE 6PM

SUNDAY 7TH MAY 1PM - 8PM ORIGEN POOL: LIVE MUSIC SESSIONS 5PM PALMERA: SPECTACULAR SUNDAY W/ JOAQUIN VIERA & VICKI REID DUO & DJ TERRY HOBBS 1PI

FRIDAY 12TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET) 4PM PALMERA: TBC LIVE! & DJ TERRY HOBBS 8PM FARO DISCO: FULANITAS FEST 8PM

SATURDAY 13TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET) 4Ph FARO DISCO: PROJECT XIII W/ SKALA 4PM

SUNDAY 14TH MAY 1PM - 8PM ORIGEN POOL: FULANITAS FEST POOL PARTY 12PM PALMERA: SPECTACULAR SUNDAY W/ JOHNNY G LIVE! & DJ TERRY HOBBS 1PM

FRIDAY 19TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET) 4PM FARO DISCO: UMAMI W/ BOOMBASTICK 10PM PALMERA: TBC LIVE! & DJ TERRY HOBBS 8PM

SATURDAY 20TH MAY 10PM - 4AM ORIGEN POOL & FARO DISCO: ABORIGENA W/ CYNTHIA KARDENAS

SUNDAY 21ST MAY 1PM - 8PM ORIGEN POOL: LIVE MUSIC SESSIONS 5PM PALMERA: SPECTACULAR SUNDAY W/ TONY CAPO & DJ TERRY HOBBS 1PM

FRIDAY 26TH MAY 4PM - 4AM ORIGEN POOL: SUNSET POOL SESSIONS (DJ SET) 4PM FARO DISCO: TBC 10PM PALMERA: LAYLA LIVE! & DJ TERRY HOBBS 8PM

SATURDAY 27TH MAY 12PM - 4AM ORIGEN POOL & FARO DISCO: WHAT THE HOUSE & LONDON HOUSE MUSIC W/ CRAZY P 12PM

SUNDAY 28TH MAY 1PM - 8PM ORIGEN POOL: LIVE MUSIC SESSIONS 5PM PALMERA: SPECTACULAR SUNDAY W/ ROCIO STARRY LIVE! GIORGIO CARCANELLA & DJ TERRY HOBBS 1PM



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