

PUBLIC EVENT

Strength Up fitness class

When	2026-10-06 17:30 to 2026-10-06 18:30
Where	The Haven Spa, Bajo Boquete
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Summary

Strength Up functional fitness class, Tuesdays and Thursdays 5:30 pm at The Studio, The Haven Wellness Resort & Spa, Bajo Boquete; next session Tuesday 6 Oct. Instructor Candy Heng.

Full text (English)

Location: The Haven Spa, Boquete - Ave. A Oeste. STRENGTH UP, Tuesday & Thursday 5:30 PM. In Strength Up classes you will experience and realize how strong and resilient you are. We work with functional exercises - movements structured to mimic how we move in daily life or during activities - in fun, high-energy routines to build strength, balance, coordination, mobility, flexibility and endurance. The results leave you revitalized. Instructor: Candy Heng. Location: The Studio at The Haven Wellness Resort & Spa.