

PUBLIC EVENT

OVALO Sculpt, Tuesday 3 November

When	2026-11-03 11:00 to 2026-11-03 12:00
Where	The Haven, Bajo Boquete
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Summary

OVALO Sculpt movement class with Oriana Velez Nava at The Haven, Boquete, Tuesday 3 November 11 am-12 pm; held Tuesdays and Thursdays.

Full text (English)

OVALO Sculpt, Tue & Thu 11 am. A conscious movement method combining mobility, functional strength, cardiovascular activation, core work and breath in a progressive sequence: connect, activate, align, flow, strengthen, elevate, stabilize, release, integrate. Inspired by functional training and dynamic yoga, it develops stability, endurance and body awareness. Instructor: Oriana Velez Nava (Spanish/English). The Haven Spa, Ave. A Oeste, Boquete.