

PUBLIC EVENT

OVALO Sculpt class, Thursday 5 November

When	2026-11-05 11:00 to 2026-11-05 12:00
Where	The Haven Spa, Bajo Boquete
Source	eventsboquete
Published	2026-11-05 11:00-05:00
Discovered	2026-11-01 02:00-05:00
Link	https://eventsboquete.org/boquete-events-calendar/event/1914-ovalo-sculpt

Summary

OVALO Sculpt, a conscious movement and functional strength class, at The Haven Spa in Bajo Boquete on Thursday 5 November at 11:00 am. Held every Tuesday and Thursday.

Full text (English)

OVALO Sculpt takes place Tuesdays and Thursdays at 11 am at The Haven Spa, Ave. A Oeste, Boquete. It combines mobility, functional strength, cardiovascular activation, core work and breath in a progressive sequence to strengthen the body and build presence. Inspired by functional training and dynamic yoga, it develops stability, endurance and body awareness. Instructor: Oriana Velez Nava (Spanish/English).