

## PUBLIC EVENT

# Strength Up class, Monday 2 November

|            |                                                                                                                                                                 |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| When       | 2026-11-02 16:30 to 2026-11-02 17:30                                                                                                                            |
| Where      | The Haven, Bajo Boquete                                                                                                                                         |
| Source     | eventsboquete                                                                                                                                                   |
| Published  | 2026-11-02 16:30-05:00                                                                                                                                          |
| Discovered | 2026-11-01 02:00-05:00                                                                                                                                          |
| Link       | <a href="https://eventsboquete.org/boquete-events-calendar/event/2609-strength-up">https://eventsboquete.org/boquete-events-calendar/event/2609-strength-up</a> |

## Summary

Strength Up functional fitness class with Candy Heng at The Studio, The Haven, Bajo Boquete, Monday 2 November 4:30–5:30 pm. Held Mondays and Wednesdays.

## Full text (English)

Strength Up, Monday & Wednesday 4:30 pm. Functional exercises mimicking daily movement, in fun high-energy routines building strength, balance, coordination, mobility, flexibility and endurance. Instructor: Candy Heng. Location: The Studio at The Haven Wellness Resort & Spa, Ave. A Oeste, Boquete.