

PUBLIC EVENT

Strength Up class, Thursday 5 November

When	2026-11-05 17:30 to 2026-11-05 18:30
Where	The Haven Spa, Bajo Boquete
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Summary

Strength Up functional fitness class at The Haven Spa, Bajo Boquete, Thursday 5 November at 5:30 pm. Held Tuesdays and Thursdays.

Full text (English)

Strength Up runs Tuesdays and Thursdays at 5:30 pm in The Studio at The Haven Wellness Resort & Spa. Classes use functional exercises that mimic everyday movements, in fun, high-energy routines building strength, balance, coordination, mobility, flexibility and endurance. Instructor: Candy Heng.