

PUBLIC EVENT

Strength Up class, Tuesday 3 November

When	2026-11-03 17:30 to 2026-11-03 18:30
Where	The Haven, Bajo Boquete
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Summary

Strength Up functional fitness class with Candy Heng at The Haven, Boquete, Tuesday 3 November 5:30–6:30 pm; held Tuesdays and Thursdays.

Full text (English)

Strength Up, Tuesday & Thursday 5:30 pm. Functional exercises mimicking everyday movement in high-energy routines to build strength, balance, coordination, mobility, flexibility and endurance. Instructor: Candy Heng. The Studio at The Haven Wellness Resort & Spa, Boquete.