

PUBLIC EVENT

Strength Up class, Wednesday 4 November

When	2026-11-04 16:30 to 2026-11-04 17:30
Where	The Haven, Bajo Boquete
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Summary

Strength Up class with Candy Heng at The Haven, Boquete, Wednesday 4 November 4:30–5:30 pm; held Mondays and Wednesdays.

Full text (English)

Strength Up, Monday & Wednesday 4:30 pm. Functional, high-energy routines building strength, balance, coordination, mobility, flexibility and endurance. Instructor: Candy Heng. The Studio at The Haven Wellness Resort & Spa, Boquete.