

WELL  
NESS  
*month*

Balance your senses in  
this *wellbeing* experience

WELLNESS 2025  
JUNE 1<sup>st</sup>



## SUNDAY

### 1-JUNE

8:00 am	Bike Tour
	At the Beach
8:00 am	Jumping
	At the Rooftop
9:15 am	Strength Class
	At the Orange Tree
10:00 am	Beach Tennis
	At Bocados Terrace
11:00 am	Beach Tennis
	At Bocados Terrace
12:00 pm	Aqua Fitness
	At the Main Pool
2:00 pm	Beach Volley Ball
	At the Beach

To enjoy our activities, please make a reservation in advance. Only 10 people admitted per activity | Bike tour 6 people Only.

## ACTIVITIES & WORKSHOPS

■ Stay Fit 
 ■ Workshop & Class 
 ■ Wellness Dining  
■ Yoga 
 ■ Spa Treatment

\* \$25 usd Additional fee  
Reservation necessary book 24 hrs in advance, please RSVP @Spa Concierge Ext. 1306 | 1307 | 1289



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth



Balance your senses in  
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WELLNESS 2025  
JUNE 2<sup>nd</sup> - 8<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2·JUNE	3·JUNE	4·JUNE	5·JUNE	6·JUNE	7·JUNE	8·JUNE
8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach
					8:00 am Jumping At the Rooftop	8:00 am Jumping At the Rooftop
9:15 am Kick Boxing By Alex Esquer At the Orange Tree	9:15 am Pilates At the Orange Tree	9:00 am Vinyasa Yoga By Nora González At the Orange Tree	9:15 am Stretching Class At the Orange Tree	9:00 am Stretching & Relaxation By Alejandro Esquer At the Orange Tree	9:15 am Yoga Class At the Orange Tree	9:00 am Stretching Class At the Orange Tree
10:00 am Paddle Yoga At the Relaxing Pool	10:00 am Massage Classes At the Orange Tree	10:00 am Strength Training At the Orange Tree	10:00 am Paddle Yoga At the Relaxing Pool			10:00 am Beach Tennis At Bocados Terrace
12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool
12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace		12:00 pm Exfoliant Workshop At the Hiroshi Terrace		12:00 pm Face Mask Class At the Hiroshi Terrace		
2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach
3:00 pm Culinary Experience* At the Robata Hiroshi		3:00 pm Culinary Experience* At the Robata Hiroshi		3:00 pm Culinary Experience* At the Robata Hiroshi		

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## ACTIVITIES & WORKSHOPS

Stay Fit Workshop & Class Wellness Dining  
Yoga Spa Treatment

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE	15·JUNE
8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach
					8:00 am Jumping At the Rooftop	8:00 am Jumping At the Rooftop
9:00 am Vinyasa Yoga By Nora González At the Orange Tree	9:15 am Pilates At the Orange Tree	9:15 am Stick Workout Class By Alejandro Esquer At the Atrium	9:15 am Yoga Class At the Orange Tree	9:15 am Dance Fit By Alejandro Esquer At the Orange Tree	9:15 am Yoga Class At the Orange Tree	9:00 am Stretching Class At the Orange Tree
		10:00 am Paddle Yoga At the Relaxing Pool	10:00 am Paddle Yoga At the Relaxing Pool			10:00 am Beach Tennis At Bocados Terrace
12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool	12:00 pm Aqua Fitness At the Main Pool
12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace		12:00 pm Face Mask Class At the Hiroshi Terrace		12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace		
2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach
2:00 pm Culinary Experience* At the Robata Hiroshi	2:00 pm Hydrotherapy Detox Circuit At the Spa	2:00 pm Culinary Experience* At the Robata Hiroshi	2:00 pm Hydrotherapy Detox Circuit At the Spa	2:00 pm Culinary Experience* At the Robata Hiroshi		

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### ACTIVITIES & WORKSHOPS

■ Stay Fit 
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 ■ Global Wellness Day

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**WELLNESS 2025**  
**JUNE 16<sup>th</sup> - 22<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE	22·JUNE
<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach
					<b>8:00 am</b> Jumping At the Rooftop	<b>8:00 am</b> Jumping At the Rooftop
<b>9:00 am</b> Hatha Yoga By Nora González At the Orange Tree	<b>9:00 am</b> Pilates At the Orange Tree	<b>9:00 am</b> Core Workout By Alejandro Esquer At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree	<b>9:00 am</b> Hatha Yoga By Nora González At the Orange Tree	<b>9:15 am</b> Yoga Class At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree
		<b>10:00 am</b> Paddle Yoga At the Relaxing Pool	<b>10:00 am</b> Paddle Yoga At the Relaxing Pool			<b>10:00 am</b> Beach Tennis At Bocados Terrace
<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool
<b>12:00 pm</b> Massage Class At the Orange Tree						
<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach
<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		

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## ACTIVITIES & WORKSHOPS

■ Stay Fit 
 ■ Workshop & Class 
 ■ Wellness Dining  
■ Yoga 
 ■ Spa Treatment

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**WELLNESS 2025**  
**JUNE 23<sup>th</sup> - 29<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23-JUNE	24-JUNE	25-JUNE	26-JUNE	27-JUNE	28-JUNE	29-JUNE
<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach	<b>8:00 am</b> Bike Tour At the Beach
					<b>8:00 am</b> Jumping At the Rooftop	<b>8:00 am</b> Jumping At the Rooftop
<b>9:00 am</b> Stretching & Relaxation By Alejandro Esquer At the Orange Tree	<b>9:00 am</b> Pilates At the Orange Tree	<b>9:00 am</b> Dance Fit By Alejandro Esquer At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree	<b>9:00 am</b> Mindfulness By Nora González At the Orange Tree		<b>9:00 am</b> Stretching Class At the Orange Tree
		<b>10:00 am</b> Paddle Yoga At the Relaxing Pool	<b>10:00 am</b> Paddle Yoga At the Relaxing Pool			
<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool	<b>12:00 pm</b> Aqua Fitness At the Main Pool
<b>12:00 pm</b> Face Mask Class At the Hiroshi Terrace		<b>12:00 pm</b> Artisan Quartz Bracelets* At the Hiroshi Terrace		<b>12:00 pm</b> Master Class Natura Bissé By Natura Bissé At the Robata Hiroshi		
<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach	<b>2:00 pm</b> Beach Volley Ball At the Beach
<b>3:00 pm</b> Hydrotherapy Detox Circuit At the Spa		<b>3:00 pm</b> Hydrotherapy Detox Circuit At the Spa		<b>3:00 pm</b> Hydrotherapy Detox Circuit At the Spa		
<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		<b>3:00 pm</b> Culinary Experience* At the Robata Hiroshi		

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JUNE 30<sup>th</sup>

MONDAY

30 JUNE

8:00 am	Bike Tour
	At the Beach
9:00 am	Hatha Yoga
	By Nora González At the Orange Tree
10:00 am	Massage Class
	At the Orange Tree
12:00 pm	Aqua Fitness
	At the Main Pool
2:00 pm	Beach Volley Ball
	At the Beach
3:00 pm	Hydrotherapy Detox Circuit
	At the Spa
3:00 pm	Culinary Experience*
	At the Robata Hiroshi



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