

WELLNESS 2025 JUNE 1st



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



*\$25 usd Additional fee

Reservation necessary book 24 hrs in advance, please RSVP @Spa Concierge Ext. 1306 | 1307 | 1289

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MINDFULHABITS



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SPA IMAGINE #

SHARE YOUR EXPERIENCE #WellnessMonth

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WELLNESS 2025 JUNE 2nd - 8th

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

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Stay Fit 🗰 Workshop & Class 🗰 Wellness Dining

Yoga 🛛 🔤 Spa Treatment

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WELLNESS 2025 JUNE 9th - 15th

Μ	IONDAY	τι	JESDAY	WE	DNESDAY	тн	URSDAY	F	RIDAY	SA	TURDAY	S	UNDAY
	9-JUNE	1	0.JUNE	1	1-JUNE	1	2.JUNE	1	3.JUNE	1	4-JUNE	15-JUNE	
8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
										8:00 am	Jumping	8:00 am	Jumping
											At the Rooftop		At the Rooftop
9:00 am	Vinyasa Yoga	9:15 am	Pilates	9:15 am	Stick Workout Class	9:15 am	Yoga Class	9:15 am	Dance Fit	9:15 am	Yoga Class	9:00 am	Stretching Class
	By Nora Gonzá l ez At the Orange Tree		At the Orange Tree		By Alejandro Esquer At the Autrium		At the Orange Tree		By Alejandro Esquer At the Orange Tree		At the Orange Tree		At the Orange Tree
				10:00 am	Paddle Yoga	10:00 am	Paddle Yoga					10:00 am	Beach Tennis
					At the Relaxing Pool		At the Relaxing Pool	_					At Bocados Terrace
12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness
	At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool
12:00 pm	Artisan Quartz Bracelets*			12:00 pm	Face Mask Class			12:00 pm	Artisan Quartz Bracelets*				
	At the Hiroshi Terrace	1			At the Hiroshi Terrace				At the Hiroshi Terrace				
2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
2:00 pm	Culinary Experience*	2:00 pm	Hydrotherapy Detox Circuit	2:00 pm	Culinary Experience*	2:00 pm	Hydrotherapy Detox Circuit	2:00 pm	Culinary Experience*				
	At the Robata Hiroshi		At the Spa		At the Robata Hiroshi		At the Spa		At the Robata Hiroshi				

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ACTIVITIES & WORKSHOPS Stay Fit 🔲 Workshop & Class 🔜 Wellness Dining

Global Wellness Day

Yoga

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Spa Treatment

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WELLNESS 2025 JUNE 16th - 22th

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

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Stay Fit 🔲 Workshop & Class 🔜 Wellness Dining

S Yoga Spa Treatment

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WELLNESS 2025 JUNE 23th - 29th

м	ONDAY	т	JESDAY	WEI	DNESDAY	тн	URSDAY	F	RIDAY	SA	TURDAY	S	UNDAY
2	3-JUNE	2	4-JUNE	2	5.JUNE	2	6-JUNE	2	7.JUNE	2	8-JUNE	2	9-JUNE
8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour	8:00 am	Bike Tour
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
										8:00 am	Jumping	8:00 am	Jumping
	Stretching &										At the Rooftop		At the Rooftop
9:00 am	Relaxation	9:00 am	Pilates	9:00 am	Dance Fit	9:00 am	Stretching Class	9:00 am	Mindfulness			9:00 am	Stretching Class
	By Alejandro Esquer At the Orange Tree		At the Orange Tree		By Alejandro Esquer At the Orange Tree		At the Orange Tree		By Nora González At the Orange Tree				At the Orange Tree
				10:00 am	Paddle Yoga	10:00 am	Paddle Yoga						
					At the Relaxing Pool		At the Relaxing Pool						
12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness
	At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool		At the Main Pool
10.00	Face Mask Class			40.00	Artisan Quartz			40.00	Master Class				
12:00 pm	At the Hiroshi Terrace	-		12:00 pm	Bracelets* At the Hiroshi Terrace			12:00 pm	Natura Bissé By Natura Bissé	-			
									At the Robata Hiroshi				
2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
3:00 pm	Hydrotherapy Detox Circuit			3:00 pm	Hydrotherapy Detox Circuit			3:00 pm	Hydrotherapy Detox Circuit				
3:00 pm	At the Spa	-		3:00 pm	At the Spa			3:00 pm	At the Spa	-			
	·												
3:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*				
	At the Robata Hiroshi				At the Robata Hiroshi				At the Robata Hiroshi				

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