

WELLNESS
month

Where *wellbeing* unfolds
in every moment

WELLNESS 2026



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
- Global Wellness Day

*\$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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1·JUNE	2·JUNE	3·JUNE	4·JUNE	5·JUNE	6·JUNE	7·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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8·JUNE	9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·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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15·JUNE	16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·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 Hatha Yoga By Nora González At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Core Workout By Alejandro Esquer At the Orange Tree	9:15 am Stretching Class At the Orange Tree	9:00 am Hatha Yoga By Nora González 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 Massage Class At the Orange Tree						
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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22·JUNE	23·JUNE	24·JUNE	25·JUNE	26·JUNE	27·JUNE	28·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 Stretching & Relaxation By Alejandro Esquer At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Dance Fit By Alejandro Esquer At the Orange Tree	9:00 am Stretching Class At the Orange Tree	9:00 am Mindfulness By Nora González 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			
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 Face Mask Class At the Hiroshi Terrace		12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace		12:00 pm Master Class Natura Bissé By Natura Bissé At the Robata Hiroshi		
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 Hydrotherapy Detox Circuit At the Spa		3:00 pm Hydrotherapy Detox Circuit At the Spa		3:00 pm Hydrotherapy Detox Circuit At the Spa		
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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29·JUNE	30·JUNE	1·JULY	2·JULY	3·JULY	4·JULY	5·JULY
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 Stretching & Relaxation By Alejandro Esquer At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Dance Fit By Alejandro Esquer At the Orange Tree	9:00 am Stretching Class At the Orange Tree	9:00 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			
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 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 Hydrotherapy Detox Circuit At the Spa						
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MINDFUL HABITS

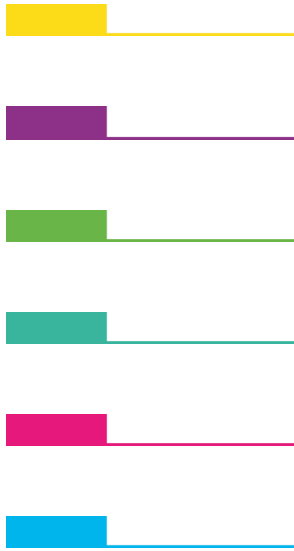


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Diferenciadores de actividades



Tipografía a utilizar

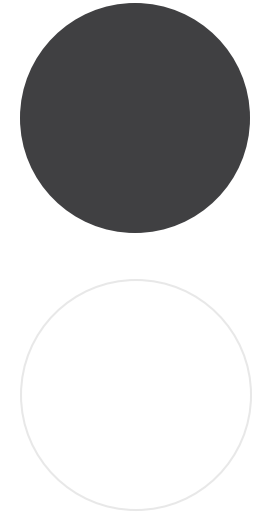


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Ubicación del evento	←	Aptos Semi Bold de 6.5
Horario del evento	←	Aptos Semi Bold de 7.6

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