

WELL  
NESS  
*month*

Where *wellbeing* unfolds  
in every moment

WELLNESS 2026



**ACTIVITIES &  
WORKSHOPS**

Stay Fit   Workshop & Class   Wellness Dining  
Yoga   Spa Treatment

**\*This activitle have an additional fee**

Reservation necessary, please RSVP@Spa Concierge Ext. 511



MINDFULHABITS



Village Spa



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1·JUNE</b>	<b>2·JUNE</b>	<b>3·JUNE</b>	<b>4·JUNE</b>	<b>5·JUNE</b>	<b>6·JUNE</b>	<b>7·JUNE</b>
7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 pm <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby
10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá
10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar
11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	10:00 am <b>Zumba Kids</b> At the Kids Club	11:00 am <b>Healthy Refreshers</b> At the Main Pool by Zak	10:00 am <b>Yoga Kids</b> At the Kids Club	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak
11:00 am <b>Taller de Recetas Spa con Miel</b> At Pergola Zamá	11:00 am <b>Taller de Sinergias con Aceites Esenciales</b> At Pergola Zamá	11:00 am <b>Clases de Masaje by Village Spa</b> At Pergola Zamá	11:00 am <b>Taller Auto Facial by Natura Bisse</b> At Pergola Zamá	11:00 am <b>Taller de Exfoliantes Corporales by Pevonia</b> At Pergola Zamá	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	
12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool
			13:00 pm <b>Healthy Cooking Class Chef Carlos Escudero</b> At Davino Restaurant VDP   GB   MS			
2:00 pm <b>Poke Bowl Class</b> At Davino Restaurant	13:00 pm <b>Healthy Cooking Class Chef Riaz A.</b> At Davino Restaurant VDP   GB   MS	2:00 pm <b>Kids Mocktails</b> At Legends Restaurant	2:00 pm <b>Tequila Tasting*</b> At Pergola Zamá			2:00 pm <b>Kids Cooking Class</b> At Davino Restaurant
3:00 pm <b>Nail Spa</b> At the Kids Club				3:00 pm <b>Painting Hour</b> At the Kids Club		3:00 pm <b>Crazy Hairstyles</b> At the Kids Club

### ACTIVITIES & WORKSHOPS

- Stay Fit
- Workshop & Class
- Wellness Dining
- Yoga
- Spa Treatment
- Global Wellness Day

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#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8·JUNE</b>	<b>9·JUNE</b>	<b>10·JUNE</b>	<b>11·JUNE</b>	<b>12·JUNE</b>	<b>13·JUNE</b>	<b>14·JUNE</b>
7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"*	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"*	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"*		9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby
10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá
10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar
11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	10:00 am <b>Zumba Kids</b> At the Kids Club	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	10:00 am <b>Yoga Kids</b> At the Kids Club	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak
11:00 am <b>Taller de Recetas Spa con Miel</b> At Pergola Zamá	11:00 am <b>Taller de Sinergias con Aceites Esenciales</b> At Pergola Zamá	11:00 am <b>Clases de Masaje by Village Spa</b> At Pergola Zamá	11:00 am <b>Taller Auto Facial by Natura Bisse</b> At Pergola Zamá	11:00 am <b>Taller de Exfoliantes Corporales by Pevonia</b> At Pergola Zamá	11:00 am <b>Healthy Refreshers</b> At Main Pool by Zak	
		12:00 pm <b>Healthy Drinks &amp; Cocktails</b> At Zack Bar		11:00 am <b>Coco Locos, Fish &amp; Margaritas*</b> At the Main Pool		
12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool	12:00 pm <b>Aqua Zumba</b> At the Main Pool
	1:00 pm <b>Healthy Cooking Class</b> At Gourmet Hall Restaurant VDP   GB   MS					
2:00 pm <b>Poke Bowl Class</b> At Davino Restaurant		2:00 pm <b>Kids Mocktails</b> At Legends Restaurant	2:00 pm <b>Tequila Tasting*</b> At Pergola Zamá			2:00 pm <b>Kids Cooking Class</b> At Davino Restaurant
3:00 pm <b>Nail Spa</b> At the Kids Club				3:00 pm <b>Painting Hour</b> At the Kids Club		3:00 pm <b>Crazy Hairstyles</b> At the Kids Club

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#WellnessMonth

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<b>15-JUNE</b>	<b>16-JUNE</b>	<b>17-JUNE</b>	<b>18-JUNE</b>	<b>19-JUNE</b>	<b>20-JUNE</b>	<b>21-JUNE</b>
7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby
			10:00 am <b>Zumba Kids</b> At the Kids Club		10:00 am <b>Yoga Kids</b> At the Kids Club	
10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá
10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar
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	13:00 pm <b>Healthy Cooking Class</b> At Davino Restaurant VDP   GB   MS	2:00 pm <b>Kids Mocktails</b> At Legends Restaurant	2:00 pm <b>Tequila Tasting*</b> At Pergola Zamá			2:00 pm <b>Kids Cooking Class</b> At Davino Restaurant
3:00 pm <b>Nail Spa</b> At the Kids Club				3:00 pm <b>Painting Hour</b> At the Kids Club		3:00 pm <b>Crazy Hairstyles</b> At the Kids Club

### ACTIVITIES & WORKSHOPS

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MINDFUL HABITS



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>22·JUNE</b>	<b>23·JUNE</b>	<b>24·JUNE</b>	<b>25·JUNE</b>	<b>26·JUNE</b>	<b>27·JUNE</b>	<b>28·JUNE</b>
7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant	7:00 am – 11:30 am <b>Healthy Drink &amp; Corner</b> At Caprichos Restaurant
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby	9:00 am <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby Road to the Pyramid "El Meco"* Meeting point Motor Lobby
			10:00 am <b>Zumba Kids</b> At the Kids Club		10:00 am <b>Yoga Kids</b> At the Kids Club	
10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá	10:00 am <b>Mayan Ritual</b> At Pergola Zamá
10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar	10:00 am <b>Cold Press Juice</b> At Lobby Bar
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	13:00 pm <b>Healthy Cooking Class</b> At Gourmet Hall Restaurant VDP   GB   MS	2:00 pm <b>Kids Mocktails</b> At Legends Restaurant	2:00 pm <b>Tequila Tasting*</b> At Pergola Zamá			
3:00 pm <b>Nail Spa</b> At the Kids Club				3:00 pm <b>Painting Hour</b> At the Kids Club		

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29·JUNE	30·JUNE	1·JULY	2·JULY	3·JULY	4·JULY	5·JULY
<p><b>7:00 am – 11:30 am</b> <b>Healthy Drink</b> At Caprichos Restaurant</p> <p><b>8:00 am</b> <b>Yoga</b> At TierraLuna Gardens</p> <p><b>9:00 am</b> <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby <b>Road to the Pyramid “El Meco”*</b> Meeting point Motor Lobby</p> <p><b>10:00 am</b> <b>Mayan Ritual</b> At Pergola Zamá</p> <p><b>10:00 am</b> <b>Cold Press Juice</b> At Lobby Bar</p> <p><b>11:00 am</b> <b>Taller de Recetas Spa con Miel</b> At Pergola Zamá</p> <p><b>12:00 pm</b> <b>Aqua Zumba</b> At the Main Pool</p> <p><b>3:00 pm</b> <b>Nail Spa</b> At the Kids Club</p>	<p><b>7:00 am – 11:30 am</b> <b>Healthy Drink</b> At Caprichos Restaurant</p> <p><b>8:00 am</b> <b>Yoga</b> At TierraLuna Gardens</p> <p><b>9:00 am</b> <b>Kayak &amp; Snorkel</b> Meeting point Motor Lobby</p> <p><b>10:00 am</b> <b>Mayan Ritual</b> At Pergola Zamá</p> <p><b>10:00 am</b> <b>Cold Press Juice</b> At Lobby Bar</p> <p><b>11:00 am</b> <b>Taller de Sinergias con Aceites Esenciales</b> At Pergola Zamá</p> <p><b>12:00 pm</b> <b>Aqua Zumba</b> At the Main Pool</p> <p><b>1:00 pm</b> <b>Healthy Cooking Class</b> At Gourmet Hall Restaurant VDP   GB   MS</p>					

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