

WELL
NESS
month

Balance your senses in
this *wellbeing* experience

WELLNESS 2025
JUNE 1st



SUNDAY

1-JUNE

7:00 am	Healthy Drink & Corner
	At Caprichos Restaurant
9:30 am	Road to the Pyramid "El Meco"
	Meeting point Motor Lobby
10:00 am	Mayan Ritual
	At Pergola Zamá
10:00 am	Cold Press Juice
	At Lobby Bar
11:00 am	Healthy Refreshers
	At Main Pool by Zak
12:00 pm	Aquaerobics
	At the Main Pool
2:00 pm	Kids Cooking Class
	At Davino Restaurant
3:00pm	Crazy Hairstyles
	At the Kids Club

ACTIVITIES & WORKSHOPS

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

* This activitie 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
2·JUNE	3·JUNE	4·JUNE	5·JUNE	6·JUNE	7·JUNE	8·JUNE
7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
			10:00 am Zumba Kids At the Kids Club	10:00 am Coco Locos, Pa ai's & Margaritas At the Main Pool	10:00 am Yoga Kids At the Kids Club	
11:00 am Honey Recipes Workshop At Pergola Zamá	11:00 am Essential Oil Synergies Workshop At Pergola Zamá	11:00 am Massage Lessons by Village Spa At Pergola Zamá	11:00 am Facial Cleansing Workshop At Pergola Zamá	11:00 am Body Scrub Workshop At Pergola Zamá	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak
11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak		
12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool
	1:00 pm Floating Margaritas Experience At the Main Pool					
2:00 pm Guacamole Class At Legends Restaurant	2:00 pm Healthy Cooking At Davino Restaurant	2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

ACTIVITIES & WORKSHOPS

■ Stay Fit ■ Workshop & Class ■ Wellness Dining
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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
7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	10:00 am Zumba Kids At the Kids Club	11:00 am Healthy Refreshers At Main Pool by Zak	10:00 am Yoga Kids At the Kids Club	11:00 am Healthy Refreshers At Main Pool by Zak
11:00 am Honey Recipes Workshop At Pergola Zamá	11:00 am Synergies Workshop At Pergola Zamá	11:00 am Massage Lessons by Village Spa At Pergola Zamá	11:00 am Facial Cleansing Workshop At Pergola Zamá	11:00 am Body Scrub Workshop At Pergola Zamá	11:00 am Healthy Refreshers At Main Pool by Zak	
12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool
	1:00 pm Floating Margaritas Experience At the Main Pool		2:00 pm Healthy Cooking Chef Riaz At Davino Restaurant			
2:00 pm Guacamole Class At Legends Restaurant	2:00 pm Healthy Cooking Chef Riaz At Davino Restaurant	2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

ACTIVITIES & WORKSHOPS

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

* This activities have an additional fee
Reservation necessary, please RSVP @Spa Concierge Ext. 511



MINDFUL HABITS



SHARE YOUR EXPERIENCE
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16-JUNE	17-JUNE	18-JUNE	19-JUNE	20-JUNE	21-JUNE	22-JUNE
7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:00 am Boarding Yoga At Bridge Waterfall Pool	9:00 am Yoga Bliss At the Beach	09:00 am Integral Yoga At the Beach				
9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco"* Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby
			10:00 am Zumba Kids At the Kids Club		10:00 am Yoga Kids At the Kids Club	
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
11:00 am Honey Recipes Workshop At Pergola Zamá	11:00 am Essential Oil Synergies Workshop At Pergola Zamá	11:00 am Massage Lessons by Village Spa At Pergola Zamá	11:00 am Facial Cleansing Workshop At Pergola Zamá	11:00 am Body Scrub Workshop At Pergola Zamá		
		11:00 pm Healthy Refreshers At Main Pool by Zak		11:00 am Coco Locos, Pai ai's & Margaritas At the Main Pool		
12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool
	1:00 pm Floating Margaritas Experience At the Main Pool		2:00 pm Healthy Cooking by Chef Paola Orozco At Rooftop GB			
2:00 pm Guacamole Class At Legends Restaurant	2:00 pm Healthy Cooking by Chef Paola Orozco At Rooftop GB	2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá		1:00 pm Fish Market, Cocos & Langosta At Pergola Zamá	2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

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

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23-JUNE	24-JUNE	25-JUNE	26-JUNE	27-JUNE	28-JUNE	29-JUNE
7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante	7:00 am Healthy Drink & Corner At Caprichos Restaurante
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby		9:30 am Road to the Pyramid "El Meco" Meeting point Motor Lobby
			10:00 am Zumba Kids At the Kids Club		10:00 am Yoga Kids At the Kids Club	
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
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11:00 am Honey Recipes Workshop At Pergola Zamá	11:00 am Essential Oil Synergies Workshop At Pergola Zamá	11:00 am Massage Lessons by Village Spa At Pergola Zamá	11:00 am Facial Cleansing Workshop At Pergola Zamá	11:00 am Body Scrub Workshop by Pevonia At Pergola Zamá	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak
11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Healthy Refreshers At Main Pool by Zak	11:00 am Coco Locos, Pai ai's & Margaritas At the Main Pool		
12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool	12:00 pm Aquaerobics At the Main Pool
	1:00 pm Floating Margaritas Experience At the Main Pool					
		2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		

ACTIVITIES & WORKSHOPS

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

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MONDAY

30-JUNE

7:00 am **Healthy Drink
& Corner**

At Caprichos Restaurante

8:00 am **Yoga**

At TierraLuna Gardens

9:30 am **Road to the Pyramid
"El Meco"***

Meeting point Motor
Lobby

10:00 am **Mayan Ritual**

At Pergola Zamá

10:00 am **Cold Press Juice**

At Lobby Bar
**Honey Recipes
Workshop**

11:00

At Pergola Zamá

12:00 pm **Aquaerobics**

At the Main Pool

2:00 pm **Guacamole Class**

At Legends Restaurant



ACTIVITIES & WORKSHOPS

Stay Fit Workshop & Class Wellness Dining
Yoga Spa Treatment

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