



Balance your senses in  
this *wellbeing* experience

## WELLNESS 2024

JUNE 1<sup>st</sup> - 2<sup>nd</sup>



SATURDAY	SUNDAY
1·JUNE	2·JUNE
8:00 am Bike Tour At the Beach	8:00 am Bike Tour At the Beach
8:00 am Jumping At the Rooftop	
9:00 am Pilates At the Orange Tree	9:00 am Stretching Class At the Orange Tree
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
2:00 pm Beach Volley Ball At the Beach	2:00 pm Beach Volley Ball At the Beach
5:00 pm Wellnes Opening Aura Cleansing 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



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**WELLNESS 2024**  
**JUNE 3<sup>rd</sup> - 9<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3-JUNE	4-JUNE	5-JUNE	6-JUNE	7-JUNE	8-JUNE	9-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> Kick Boxing By MODU At Atrium		<b>8:00 am</b> Jumping At the Rooftop	<b>8:00 am</b> Jumping At the Rooftop	
<b>9:00 am</b> Vinyasa Yoga By Nora Gonzales At the Orange Tree	<b>9:00 am</b> Pilates At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree	<b>9:00 am</b> Yoga Class At the Orange Tree	<b>9:00 am</b> Hatha Yoga By Nora Gonzales At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree	<b>9:00 am</b> Pilates At the Orange Tree
<b>10:00 am</b> Massage Classes At the Orange Tree	<b>10:00 am</b> Paddle Yoga At the Relaxing Pool	<b>10:00 am</b> Stick Class By MODU At Wellness Pool		<b>10:00 am</b> Massage Classes At the Orange Tree		
<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> Artisan Quartz Bracelets* At the Hiroshi Terrace	<b>12:00 pm</b> Exfoliant Workshop At the Hiroshi Terrace	<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> Exfoliant Workshop At the Hiroshi Terrace		
<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	<b>3:00 pm</b> Hydrotherapy Detox Circuit At the Spa	

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE	15·JUNE	16·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 FUNctional Training By MODU At Atrium		8:00 am Jumping At the Rooftop	8:00 am Jumping At the Rooftop	
9:00 am Hatha Yoga By Nora Gonzales At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Yoga Class At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Vinyasa Yoga By Nora Gonzales At the Orange Tree	9:00 am Stretching Class At the Orange Tree	9:00 am Pilates At the Orange Tree
10:00 am Massage Classes 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 Artisan Quartz Bracelets* At the Hiroshi Terrace	12:00 pm Face Mask Class At the Hiroshi Terrace	12:00 pm Herbal Class At the Hiroshi Terrace	12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace	12:00 pm Massage Classes 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 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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### ACTIVITIES & WORKSHOPS

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE	22·JUNE	23·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 FUNCTIONal Training By MODU At Atrium	8:00 am Jumping At the Rooftop	
9:00 am Hatha Yoga By Nora Gonzales At the Orange Tree	9:00 am Yoga Class At the Orange Tree	9:00 am Beach Work Out By MODU At Atrium	9:00 am Yoga Class At the Orange Tree	9:00 am Pilates At the Orange Tree	9:00 am Stretching Class At the Orange Tree	9:00 am Pilates At the Orange Tree
10:00 am Massage Classes 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 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	12:00 pm Artisan Quartz Bracelets* At the Hiroshi Terrace	12:00 pm Herbal 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		
				6:00 pm Full Moon Ritual By Ines Chavez At the Beach		

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WELLNESS 2024  
JUNE 24<sup>th</sup> - 30<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24-JUNE	25-JUNE	26-JUNE	27-JUNE	28-JUNE	29-JUNE	30-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> FUNctional Training By MODU At Atrium		<b>8:00 am</b> Kick Boxing By MODU At Atrium		<b>8:00 am</b> Jumping At the Rooftop	<b>8:00 am</b> Jumping At the Rooftop	
<b>9:00 am</b> Yoga Class At the Orange Tree	<b>9:00 am</b> Yoga Class At the Orange Tree		<b>9:00 am</b> Yoga Class At the Orange Tree	<b>9:00 am</b> Mindfulness By Nora Gonzales At the Orange Tree	<b>9:00 am</b> Stretching Class At the Orange Tree	<b>9:00 am</b> Yoga Class At the Orange Tree
<b>10:00 am</b> Massage Classes 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> Massage Classes At the Orange Tree			<b>10:00 am</b> Massage Classes At the Orange Tree
<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> Artisan Quartz Bracelets* At the Hiroshi Terrace	<b>12:00 pm</b> Herbal Class At the Hiroshi Terrace	<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		
						<b>6:00 pm</b> Wellness Aura Cleansing At the Beach

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**Yoga** **Spa Treatment**

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