

JUNE 1st - 2nd



CA	TUDDAY		UNDAY					
SA	TURDAY	SUNDAL						
1	·JUNE	2·JUNE						
8:00 am	Bike Tour	8:00 am	Bike Tour					
	At the Beach		At the Beach					
8:00 am	Jumping							
	At the Rooftop							
9:00 am	Pilates	9:00 am	Streching Class					
	At the Orange Tree	0100001111	At the Orange Tree					
	_							
10:00 am	Paddle Yoga							
	At the Relaxing Pool							
12:00 pm	Aqua Fitness	12:00 pm	Aqua Fitness					
	At the Main Pool		At the Main Pool					
2:00 pm	Beach Volley Ball	2:00 pm	Beach Volley Ball					
Zioo piii	At the Beach	Zioo piii	At the Beach					
	Wollnoo Ononning							
5:00 pm	Wellnes Openning 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.



Yoga

Stay Fit Workshop & Class Wellness Dining

Spa Treatment









Balance your senses in this *wellbeing* experience

WELLNESS 2024

JUNE 3rd - 9th

MONDAY 3-JUNE		TUESDAY 4·JUNE		WEDNESDAY 5-JUNE		THURSDAY 6-JUNE		FRIDAY 7-JUNE		SATURDAY 8-JUNE		SUNDAY 9-JUNE	
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
				8:00 am	Kick Boxing By MODU			8:00 am	Jumping	8:00 am	Jumping		
					At Atrium				At the Rooftop		At the Rooftop		
:00 am	Vinyasa Yoga	9:00 am	Pilates	9:00 am	Streching Class	9:00 am	Yoga Class	9:00 am	Hatha Yoga	9:00 am	Stretching Class	9:00 am	Pilates
	By Nora Gonzales At the Orange Tree		At the Orange Tree		At the Orange Tree		At the Orange Tree		By Nora Gonzales At the Orange Tree		At the Orange Tree		At the Orange Tree
0:00 am	Massage Classes	10:00 am	Paddle Yoga	10:00 am	Stick Class			10:00 am	Massage Classes				
	At the Orange Tree		At the Relaxing Pool		By MODU At Wellness Pool				At the Orange Tree				
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
2:00 pm	Artisan Quartz Bracelets*	12:00 pm	Exfoliant Workshop	12:00 pm	Face Mask Class	12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Exfoliant Workshop				
	At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace				
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 Ba
	At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach		At the Beach
:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*	3:00 pm	Hydrotherapy Detox Circuit		
	At the Robata Hiroshi				At the Robata Hiroshi	1			At the Robata Hiroshi		At the Spa	1	

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Stay Fit Workshop & Class Wellness Dining

Yoga Spa Treatment Global Wellness Day









JUNE 10th - 16th

M	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		TURDAY	SUNDAY 16-JUNE	
1	0-JUNE	11-JUNE		12·JUNE		13-JUNE		14·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	FUNctional Training			8:00 am	Jumping	8:00 am	Jumping		
					By MODU At Atrium				At the Rooftop		At the Rooftop		
9:00 am	Hatha Yoga	9:00 am	Pilates	9:00 am	Yoga Class	9:00 am	Pilates	9:00 am	Vinyasa Yoga	9:00 am	Stretching Class	9:00 am	Pilates
	By Nora Gonzales At the Orange Tree		At the Orange Tree		At the Orange Tree		At the Orange Tree		By Nora Gonzales At the Orange Tree		At the Orange Tree		At the Orange Tree
10:00 am	Massage Classes	10:00 am	Paddle Yoga	10:00 am	Paddle Yoga								
	At the Orange Tree		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
12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Face Mask Class	12:00 pm	Herbal Class	12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Massage Classes				
	At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		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	Hydrotherapy Detox Circuit			3:00 pm	Hydrotherapy Detox Circuit			3:00 pm	Hydrotherapy Detox Circuit				
	At the Spa				At the Spa				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				

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



Yoga

Stay Fit Workshop & Class Wellness Dining











JUNE 17th - 23th

M	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
1	7-JUNE	18·JUNE		19·JUNE		2	20·JUNE		21·JUNE		22·JUNE		3-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	FUNctional Training	8:00 am	Jumping			
							At the Rooftop		By MODU At Atrium		At the Rooftop			
9:00 am	Hatha Yoga	9:00 am	Yoga Class	9:00 am	Beach Work Out	9:00 am	Yoga Class	9:00 am	Pilates	9:00 am	Stretching Class	9:00 am	Pilates	
	By Nora Gonzales At the Orange Tree		At the Orange Tree		By MODU At Atrium		At the Orange Tree		At the Orange Tree		At the Orange Tree		At the Orange Tree	
10:00 am	Massage Classes	10:00 am	Paddle Yoga	10:00 am	Paddle Yoga									
	At the Orange Tree		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	
12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Exfoliant Workshop	12:00 pm	Face Mask Class	12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Herbal Class					
	At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		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	
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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Yoga

Stay Fit Workshop & Class Wellness Dining

Spa Treatment



MINDFULHABITS







JUNE 24th - 30th

MONDAY		TUESDAY		TUESDAY WEDNESDAY		TH	THURSDAY		FRIDAY		TURDAY	SUNDAY	
2	4-JUNE	25·JUNE		26·JUNE		27·JUNE		28·JUNE		29·JUNE		30-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	FUNctional Training			8:00 am	Kick Boxing			8:00 am	Jumping	8:00 am	Jumping		
	By MODU At Atrium				By MODU At Atrium				At the Rooftop		At the Rooftop		
9:00 am	Yoga Class	9:00 am	Yoga Class			9:00 am	Yoga Class	9:00 am	Mindfulness	9:00 am	Stretching Class	9:00 am	Yoga Class
	At the Orange Tree		At the Orange Tree				At the Orange Tree		By Nora Gonzales At the Orange Tree		At the Orange Tree		At the Orange Tree
10:00 am	Massage Classes	10:00 am	Paddle Yoga	10:00 am	Paddle Yoga	10:00 am	Massage Classes					10:00 am	Massage Classes
	At the Orange Tree		At the Relaxing Pool		At the Relaxing Pool		At the Orange Tree						At the Orange Tree
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	Herbal Class	12:00 pm	Face Mask Class	12:00 pm	Artisan Quartz Bracelets*	12:00 pm	Master Class Natura Bissé				
	At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		At the Hiroshi Terrace		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				
oleo pili	At the Spa	1		отоо рии	At the Spa			oloo piii	At the Spa	1			
3:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*			3:00 pm	Culinary Experience*				
0.00 pm	At the Robata Hiroshi	1		0.00 pm	At the Robata Hiroshi			0.00 pill	At the Robata Hiroshi	1			
												6:00 pm	Wellness Aura Cleansing
													At the Beach

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Spa Treatment





