



FAIRMONT FIT

WELLNESS SCHEDULE FEBRAURY 2025

MONDAY | LUNES

06:15	Sunrise Paddleboard	\$29 Usd	Beach
08:00	Stretching	\$45 Usd	Spa
09:00	Hiit full body	\$45 Usd	Spa
09:30	Bike Tour	\$29 Usd	Lobby
10:00	Glute & Legs	\$45 Usd	Spa
11:00	Aqua Gym	\$45 Usd	Bamboo

TUESDAY | MARTES

07:15	Runner's Club	Comp	Spa
08:15	Stretching	\$45 Usd	Spa
09:00	Hiit full body	\$45 Usd	Spa
10:00	Glute & Legs	\$45 Usd	Spa
16:30	Bike Tour	\$29 Usd	Lobby

WEDNESDAY | MIERCOLES

06:15	Sunrise Paddleboard	\$29 usd	Beach
08:00	Stretching	\$45 Usd	Spa
09:30	Bike Tour	\$29 Usd	Lobby
09:00	Hiit full body	\$45 Usd	Spa
10:00	Glute & Legs	\$45 Usd	Spa
11:00	ABS	\$45 Usd	Spa

THURSDAY | JUEVES

08:00	Stretching	\$45 Usd	Spa
09:00	Hiit full body	\$45 Usd	Spa
10:00	Glute & Legs	\$45 Usd	Spa
11:00	Aqua Gym	Comp	Bamboo
16:00	Bike Tour	\$29 usd	Lobby

FRIDAY | VIERNES

06:15	Sunrise Paddleboard	\$29 usd	Beach
08:00	Stretching	\$45 Usd	Spa
09:00	Hiit full body	\$45 Usd	Spa
09:30	Bike Tour	\$29 usd	Lobby
10:00	Glute & Legs	\$45 Usd	Spa
11:00	ABS	\$45 Usd	Spa

SATURDAY | SABADO

08:00	Stretching	\$45 Usd	Spa
08:30	Kayak Paddle Board	Comp	Beach
09:00	Hiit full body	\$45 Usd	Spa
10:00	Glute & Legs	\$45 Usd	Spa
11:00	Aqua Gym	\$45 Usd	Bamboo
15:00	Beach Volleyball	Comp	Beach

SUNDAY | DOMINGO

06:15	Sunrise Paddleboard	\$29 Usd	Beach
***	Personal training upon request	\$109 Usd	

Regular wellness classes have a length of 45 min. and a cost of \$45USD (Current exchange rate according to the hotel on the day of the class) per person, tax included.

Please notify your instructor if you have any injuries, special requirements or if you are pregnant.

Limited capacity: 10 people max per class

Las clases regulares wellness tienen una duración de 45 min y generan un cargo de \$45USD (Tipo de cambio del día acorde al hotel día de la clase) por persona. Incluye impuestos.

Sea tan amable de informar a su instructor si tiene alguna lesión, requerimiento especial y/o embarazo.

Capacidad máxima: 10 huéspedes por clase.

RESERVATION REQUIRED / RESERVACIÓN NECESARIA

Cupo limitado / Classes subject to availability

Horario sujeto a condiciones climáticas / Schedule subject to weather conditions.

