

## WELLNESS SCHEDULE OCTOBER

### MONDAY | LUNES

06:15	Sunrise Paddleboard	\$29 usd	Beach
09:30	Bike Tour	\$29 usd	Lobby

### TUESDAY | MARTES

07:30	Runner's Club	Comp	Spa
16:30	Bike Tour	\$29 usd	Lobby
17:00	Temazcal Ritual	\$279 Usd	Spa

### WEDNESDAY | MIERCOLES

06:15	Sunrise Paddleboard	\$29 usd	Beach
09:30	Bike Tour	\$29 usd	Lobby

### THURSDAY | JUEVES

15:30	Eco - Tour Mayakoba	Comp	Lobby
16:00	Bike Tour	\$29 usd	Lobby

### FRIDAY | VIERNES

06:15	Sunrise Paddleboard	\$29 usd	Beach
07:30	Runner's Club	Comp	Spa
09:30	Bike Tour	\$29 usd	Lobby

### SATURDAY | SABADO

08:30	Kayak Paddle Board	Comp	Beach
15:00	Beach volleyball Game	Comp	Beach

### SUNDAY | DOMINGO

06:15	Sunrise Paddleboard	\$29 usd	Beach
16:30	Bike Tour	\$29 usd	Lobby

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: 8 Guests per class.

Eco-Tour: 5 people maximum

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: 8 huéspedes por clase.

Boat Tour maximo 5 pax

RESERVATION REQUIRED / RESERVACIÓN NECESARIA

Cupo limitado / Classes subject to availability

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