



FAIRMONT FIT

Wellness Schedule July 7th - July 13th, 2025

Monday Connection with your inner self				Tuesday Connection to local culture				Wednesday Connection to others				Thursday Connection to Nature			
8:00	Stretching	\$45 Usd	Acacia	8:00	Stretching	\$45 Usd	Acacia	8:00	Stretching	\$45 Usd	Acacia	8:00	Stretching	\$45 Usd	Acacia
9:00	Functional	\$45 Usd	Acacia	9:00	Functional	\$45 Usd	Acacia	9:00	Functional	\$45 Usd	Acacia	9:00	Functional	\$45 Usd	Acacia
10:00	Glute & Legs	Comp	Acacia	10:00	Glute & Legs	Comp	Acacia	10:00	Glute & Legs	Comp	Acacia	10:00	Glute & Legs	Comp	Acacia
11:00	Aquagym	\$45 Usd	Bamboo	11:00	Aquagym	\$45 Usd	Bamboo	11:00	Aquagym	\$45 Usd	Bamboo	11:00	Aquagym	\$45 Usd	Bamboo

Friday Connection to community				Saturday Unleash your power				Sunday Dare to be alive				Additional Activities			
8:00	Stretching	\$45 Usd	Acacia	8:00	Stretching	\$45 Usd	Acacia	6:15	Sunrise Paddleboard	\$29 usd	Beach	*** Soundhealing	\$199 Usd		
9:00	Functional	\$45 Usd	Acacia	9:00	Functional	\$45 Usd	Acacia	9:30	Bike Tour	\$29 Usd	Lobby	*** Breathwork	\$59 Usd		
10:00	Glute & Legs	Comp	Acacia	10:00	Glute & Legs	Comp	Acacia	13:00	Windsurf lesson	\$95 Usd	Beach	*** Personal training	\$109 Usd		
11:00	Aquagym	\$45 Usd	Bamboo	11:00	Aquagym	\$45 Usd	Bamboo	14:00	Windsurf lesson	\$95 Usd	Beach	*** Yoga	\$59 Usd		

*** By request only, 48 hours in advance. Subject to availability /
Solo con solicitud previa, mínimo 48 horas antes. Sujeto a
disponibilidad.

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

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.

RESERVATION REQUIRED | RESERVACIÓN NECESARIA

Cupo limitado / Classes subject to availability
Horario sujeto a condiciones climáticas / Schedule subject to weather
conditions.



FAIRMONT FIT

Strong Body. Clear Mind. Full Spirit.