



FAIRMONT FIT

Wellness Schedule July 14th - July 20th, 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	Flambooyan	8:00	Stretching	\$45 Usd	Flambooyan	8:00	Stretching	\$45 Usd	Flambooyan	8:00	Stretching	\$45 Usd	Flambooyan
9:00	Functional	\$45 Usd	Flambooyan	9:00	Functional	\$45 Usd	Flambooyan	9:00	Functional	\$45 Usd	Flambooyan	9:00	Functional	\$45 Usd	Flambooyan
10:00	Glute & Legs	Comp	Flambooyan	10:00	Glute & Legs	Comp	Flambooyan	10:00	Glute & Legs	Comp	Flambooyan	10:00	Glute & Legs	Comp	Flambooyan
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	Flambooyan	9:30	Bike Tour	\$29 Usd	Lobby	6:15	Sunrise Paddleboard	\$29 usd	Beach	***	Soundhealing	\$199 Usd	
9:00	Functional	\$45 Usd	Flambooyan	13:00	Windsurf lesson	\$95 Usd	Beach	9:30	Bike Tour	\$29 Usd	Lobby	***	Breathwork	\$59 Usd	
10:00	Glute & Legs	Comp	Flambooyan	14:00	Windsurf lesson	\$95 Usd	Beach	13:00	Windsurf lesson	\$95 Usd	Beach	***	Personal training	\$109 Usd	
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.