



FAIRMONT FIT

Wellness Schedule August 11th- August 17th, 2025

Monday Connection with your inner self				Tuesday Connection to local culture				Wednesday Connection to others				Thursday Connection to Nature			
8:00	Stretching	\$35 Usd	Spa	8:00	Stretching	Comp	Spa	8:00	Stretching	Comp	Spa	8:00	Stretching	\$35 Usd	Spa
9:00	Functional	Comp	Spa	9:00	Functional	\$35 Usd	Spa	9:00	Functional	\$35 Usd	Spa	9:00	Functional	\$35 Usd	Spa
10:00	Core Flow	\$35 Usd	Spa	10:00	Core Flow	\$35 Usd	Spa	10:00	Core Flow	\$35 Usd	Spa	10:00	Core Flow	Comp	Spa
11:00	Circuito Hiit	\$35 Usd	Spa	11:00	Circuito Hiit	\$35 Usd	Spa	11:00	Circuito Hiit	\$35 Usd	Spa	11:00	Circuito Hiit	\$35 Usd	Spa

Friday Connection to community				Saturday Unleash your power				Sunday Dare to be alive				Additional Activities			
8:00	Stretching	\$35 Usd	Spa	6:15	Sunrise paddelboard	\$29 Usd	Beach	9:30	Bike Tour	\$29 Usd	Lobby	***	Soundhealing	\$199 Usd	
9:00	Functional	\$35 Usd	Spa	9:30	Bike Tour	\$29 Usd	Lobby	13:00	Windsurf lesson	\$95 Usd	Beach	***	Breathwork	\$79 Usd	
10:00	Core Flow	Comp	Spa	13:00	Windsurf lesson	\$95 Usd	Beach	14:00	Windsurf lesson	\$95 Usd	Beach	***	Personal training	\$109 Usd	
11:00	Circuito Hiit	\$35 Usd	Spa	14:00	Windsurf lesson	\$95 Usd	Beach					***	Yoga	\$79 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.



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Strong Body. Clear Mind. Full Spirit.