



FAIRMONT FIT

Wellness Schedule September 08th- September 14th, 2025

Monday Connection with your inner self				Tuesday Connection to local culture				Wednesday Connection to others				Thursday Connection to Nature			
08:00	Stretching	\$35 Usd	Spa	08:00	Stretching	Comp	Spa	08:00	Stretching	\$35 Usd	Spa	08:00	Stretching	\$35 Usd	Spa
09:00	Functional	\$35 Usd	Spa	09:00	Functional	\$35 Usd	Spa	09:00	Functional	\$35 Usd	Spa	09:00	Functional	\$35 Usd	Spa
10:00	Circuito Hiit	Comp	Spa	10:00	Circuito Hiit	\$35 Usd	Spa	10:00	Circuito Hiit	\$35 Usd	Spa	10:00	Core Flow	Comp	Spa
11:00	Aqua Gym	\$35 Usd	Spa	11:00	Aqua Gym	\$35 Usd	Spa	10:00	Grounding Energy Cleans	Comp	Spa	11:00	Aqua Gym	\$35 Usd	Spa
								11:00	Aqua Gym	\$35 Usd	Spa				

Friday Connection to community				Saturday Unleash your power				Sunday Dare to be alive				Additional Activities			
08:00	Stretching	\$35 Usd	Spa	06:15	Sunrise paddleboard	\$29 Usd	Beach	09:30	Bike Tour	\$29 Usd	Lobby	*** Soundhealing	\$199 Usd		
09:00	Functional	\$35 Usd	Spa	09:30	Bike Tour	\$29 Usd	Lobby	13:00	Windsurf lesson	\$95 Usd	Beach	*** Breathwork	\$79 Usd		
10:00	Circuito Hiit	Comp	Spa	13:00	Windsurf lesson	\$95 Usd	Beach	14:00	Windsurf lesson	\$95 Usd	Beach	*** Personal training	\$109 Usd		
11:00	Aqua Gym	\$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.



FAIRMONT FIT

Strong Body. Clear Mind. Full Spirit.

RESERVATION REQUIRED | RESERVACIÓN NECESARIA

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