



FAIRMONT FIT

Wellness Schedule October 13th - October 19th, 2025

Monday Connection to local culture				Tuesday Connection with your inner self				Wednesday Connection to others				Thursday Connection to Nature			
8:00	Stretching	Comp	Spa	9:00	Functional	\$35 Usd	Spa	8:00	Stretching	Comp	Spa	8:00	Stretching	\$35 Usd	Spa
9:00	Functional	\$35 Usd	Spa	10:00	Glutes & Legs	\$35 Usd	Spa	9:00	Power Progression	\$35 Usd	Spa	9:00	Functional	\$35 Usd	Spa
10:00	Glutes & Legs	\$35 Usd	Spa	11:00	Circuito Hiit	\$35 Usd	Spa	10:00	Glutes & Legs	\$35 Usd	Spa	10:00	Power Your Core	Comp	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	Comp	Spa	8:00	Stretching	Comp	Spa	9:30	Bike Tour	\$29 Usd	Lobby	*** Soundhealing	\$199 Usd		
9:00	Functional	\$35 Usd	Spa	9:00	Functional	\$35 Usd	Spa	13:00	Windsurf lesson	\$95 Usd	Beach	*** Breathwork	\$79 Usd		
10:00	Glutes & Legs	\$35 Usd	Spa	10:00	Glutes & Legs	\$35 Usd	Spa	14:00	Windsurf lesson	\$95 Usd	Beach	*** Personal training	\$109 Usd		
11:00	Circuito Hiit	\$35 Usd	Spa	11:00	Circuito Hiit	\$35 Usd	Spa					*** 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.