

# WELLNESSDAY SCHEDULE

Monday 29th - Sunday 5th, July 2020

Dear Guest, for all our fitness classes it is necessary to make a reservation

LUNES - MONDAY			
SPA & GYM ACTIVITIES			
Enjoy our fitness on demand program.			
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - H2O Splash			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Sand Castles	Comp	
11 - 12 Hrs	Scrabble	Comp	
12 - 13 Hrs	Blocks	Comp	
13 - 13:30 Hrs	Beach Soccer	Comp	
15 - 16 Hrs	Splash	\$300	
16 - 17 Hrs	Magic Watercolors	\$300	

MARTES - TUESDAY			
SPA & GYM ACTIVITIES			
Enjoy our fitness on demand program.			
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Ahoy Matey!			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Pirate Challenge	Comp	
11 - 12 Hrs	Charmed Map	Comp	
12 - 13 Hrs	Pirate Bowling	Comp	
13 - 13:30 Hrs	Pirate Trivia	Comp	
15 - 16 Hrs	Pirate Hat	\$300	
16 - 17 Hrs	Treasure Search	\$300	

MIERCOLES - WEDNESDAY			
SPA & GYM ACTIVITIES			
09:00 hrs	Vinyasa Yoga	\$20 USD	Studio
10:00 hrs	Cardio Step Training	Comp	Studio
11:00 hrs	Ball Pilates	\$20 USD	Studio
12:00 hrs	Stretching and Relaxation	Comp	Studio
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Artistic			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Picasso in the sand	Comp	
11 - 12 Hrs	Board Games	Comp	
12 - 13 Hrs	Beach Volleyball	Comp	
13 - 13:30 Hrs	Make your Clon	Comp	
15 - 16 Hrs	Color Foam	\$300	
16 - 17 Hrs	Art Explorer	\$300	

JUEVES - THURSDAY			
SPA & GYM ACTIVITIES			
09:00 hrs	Vinyasa Yoga	\$20 USD	Studio
10:00 hrs	Cardio Step Training	Comp	Studio
11:00 hrs	Ball Pilates	\$20 USD	Studio
12:00 hrs	Stretching and Relaxation	Comp	Studio
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Carnival			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Socks Battle	Comp	
11 - 12 Hrs	Iron Boy	Comp	
12 - 13 Hrs	Lost Toys	Comp	
13 - 13:30 Hrs	Jenga	Comp	
15 - 16 Hrs	T-Shirt Paint	\$300	
16 - 17 Hrs	Lucky Amulets	\$300	

VIERNES - FRIDAY			
SPA & GYM ACTIVITIES			
09:00 hrs	Vinyasa Yoga	\$20 USD	Studio
10:00 hrs	Cardio Step Training	Comp	Studio
11:00 hrs	Ball Pilates	\$20 USD	Studio
12:00 hrs	Stretching and Relaxation	Comp	Studio
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Science Pop			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Space Games	Comp	
11 - 12 Hrs	Jeopardy	Comp	
12 - 13 Hrs	One Minute to Win	Comp	
13 - 13:30 Hrs	Act It	Comp	
15 - 16 Hrs	Create your Galaxy	\$300	
16 - 17 Hrs	Dino Excavation	\$300	

SABADO - SATURDAY			
SPA & GYM ACTIVITIES			
09:00 hrs	Vinyasa Yoga	\$20 USD	Studio
10:00 hrs	Cardio Step Training	Comp	Studio
11:00 hrs	Ball Pilates	\$20 USD	Studio
12:00 hrs	Stretching and Relaxation	Comp	Studio
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - #MexicanDay			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Beach Games	Comp	
11 - 12 Hrs	Board Games	Comp	
12 - 13 Hrs	Mini Fair	Comp	
13 - 13:30 Hrs	Lottery Game	Comp	
15 - 16 Hrs	Create your Piñata	\$300	
16 - 17 Hrs	Break the piñata	\$300	

DOMINGO - SUNDAY			
SPA & GYM ACTIVITIES			
09:00 hrs	Vinyasa Yoga	\$20 USD	Studio
10:00 hrs	Cardio Step Training	Comp	Studio
11:00 hrs	Ball Pilates	\$20 USD	Studio
12:00 hrs	Stretching and Relaxation	Comp	Studio
WATER SPORTS - DEPORTES ACUATICOS			
10 to 15 hrs	Catamaran Tour & Coral Reef Snorkel	\$49 usd	
10:00 to 16:30	Kayaks single & double Paddle Boards Catamaran Guided Tour Boogie Board & Beach Toys	Comp Comp Comp Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Planet 21			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Nature Walk	Comp	
11 - 12 Hrs	Paper Flowers	Comp	
12 - 13 Hrs	Recycled Maze	Comp	
13 - 13:30 Hrs	Pictionary Sand	Comp	
15 - 16 Hrs	Recycled Spaceship	\$300	
16 - 17 Hrs	Photo Frames	\$300	

Importante / Important	
<p>Scheduled fitness classes at Movement Studio into the Fitness Center at the Spa, have a duration of 45 min and cost \$20 USD ( \$400 Mexican Pesos) per person, Tax included. Classes at the beach have a duration of 45 min and cost 29 USD ( \$580 Mexican Pesos) per person, Tax included. Please notify your instructor if you have any injuries, special requirements or if you are pregnant.</p>	
<p>Las clases programadas en el estudio dentro del gimnasio, tienen una duración de 45 min y generan un cargo en pesos mexicanos de \$400 MXN, (\$20 USD) por persona, incluyen impuestos.</p>	
<p>Las clases programadas en la playa tienen una duración de 45 min y generan un cargo de \$580 pesos mexicanos ( 29USD) por persona, incluyen impuestos. Sea tan amable de informar a su instructor si tiene alguna lesión, requerimiento especial y/o embarazo.</p>	



Enjoy our fitness on demand program. Available in the Fitness Center Studio. Disfrute nuestro sistema fitness on demand. Disponible en el estudio del gimnasio.