

WELLNESS SCHEDULE

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

Monday Sept 14th - Sunday Sept 20th 2020

LUNES - MONDAY			
SPA & GYM ACTIVITIES			
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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Splash	\$300	
11 - 12 Hrs	Magic Watercolors	\$300	
12 - 13 Hrs	Sandcastles	Comp	
13 - 13:30 Hrs	Scrabble	Comp	
15 - 16 Hrs	Blocks	Comp	
16 - 17 Hrs	Soccer at the Beach	Comp	

MARTES - TUESDAY			
SPA & GYM ACTIVITIES			
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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Treasure Hunt	\$300	
11 - 12 Hrs	Hook's Hat	\$300	
12 - 13 Hrs	Pirates Challenges	Comp	
13 - 13:30 Hrs	Pirate Trivia	Comp	
15 - 16 Hrs	Enchanted Map	Comp	
16 - 17 Hrs	Bowling Pirates	Comp	

MIERCOLES - WEDNESDAY			
SPA & GYM ACTIVITIES			
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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	Comp	
13 - 14 hrs	Windsurf Lesson Beach Volleyball	\$95 usd Comp	
16 to 17 hrs	Mayakoba Nature Trail Bike Tour	\$25 usd	
KIDS CLUB - Artastic			
9 - 10 Hrs	Information and Registration		
10 - 11 Hrs	Puffy Paint	\$300	
11 - 12 Hrs	Art Explorer	\$300	
12 - 13 Hrs	Picasso at the Beach	Comp	
13 - 13:30 Hrs	Board Games	Comp	
15 - 16 Hrs	Make a clone	Comp	
16 - 17 Hrs	Volleybol Playero	Comp	

JUEVES - THURSDAY			
SPA & GYM ACTIVITIES			
09:30 hrs	Yoga at the Beach	\$29 USD	Beach
10:30hrs	Stretching at the beach	Comp	Beach
11:30 hrs	Circuit Training	\$20 USD	Studio
12:15 hrs	Kinesis Class	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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Tie Dye	\$300	
11 - 12 Hrs	Lucky Charm	\$300	
12 - 13 Hrs	Socks War	Comp	
13 - 13:30 Hrs	Jenga	Comp	
15 - 16 Hrs	Lost Toy	Comp	
16 - 17 Hrs	Steel Kid	Comp	

VIERNES - FRIDAY			
SPA & GYM ACTIVITIES			
09:30 hrs	Yoga at the beach	\$29 USD	Beach
10:30 hrs	Core at the beach	Comp	Beach
11:30 hrs	Cardio Step training	\$20 USD	Studio
12:15 hrs	Kinesis Class	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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Make your Galaxy	\$300	
11 - 12 Hrs	Dino Excavation	\$300	
12 - 13 Hrs	Games in Space	Comp	
13 - 13:30 Hrs	Jeopardy	Comp	
15 - 16 Hrs	One Minute to Win	Comp	
16 - 17 Hrs	Act it Out	Comp	

SABADO - SATURDAY			
SPA & GYM ACTIVITIES			
09:30 hrs	Yoga at the Beach	\$29 USD	Beach
10:30 hrs	Pilates at the Beach	Comp	Beach
11:30 hrs	Fitball	\$20 USD	Studio
12:15 hrs	Kinesis	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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Decorate your Pinata	\$300	
11 - 12 Hrs	Catrina's Mask	\$300	
12 - 13 Hrs	Beach Games	Comp	
13 - 13:30 Hrs	Board Games	Comp	
15 - 16 Hrs	Loteria	Comp	
16 - 17 Hrs	Mini Feria	Comp	

DOMINGO - SUNDAY			
SPA & GYM ACTIVITIES			
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	Comp	
13 - 14 hrs	Catamaran Guided Tour Boogie Board & Beach Toys	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	Recycled Spaceship	\$300	
11 - 12 Hrs	Picture Frame	\$300	
12 - 13 Hrs	Recycling Maze	Comp	
13 - 13:30 Hrs	Pictionary at the beach	Comp	
15 - 16 Hrs	Happy Nature Walk	Comp	
16 - 17 Hrs	Paper Flowers	Comp	

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.