

# WELLNESS

## workout



### PROGRAMA DE EJERCICIOS/ EXERCISES PROGRAM

#### **Lunes / Monday**

Yoga Aéreo / Aerial Yoga 8:00 am (Gym)

Yin Yoga 9:30 am (Gazebo)

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#### **Martes / Tuesday**

Hatha Yoga 8:15 am (Gym)

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#### **Miércoles / Wednesday**

Yoga Aéreo / Aerial Yoga 8:00 am (Gym)

Yin Yoga 9:30 am (Gazebo)

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#### **Jueves / Thursday**

Hatha Yoga 8:15 am (Gym)

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#### **Viernes / Friday**

Yoga Aéreo / Aerial Yoga 8:00 am (Gym)

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#### **Sábado / Saturday**

Baile Fitness / Fitness Dance 8:15 am (Gym)

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#### **Domingo / Sunday**

Mandala 10:00 am (Pergola / Pool Pergola)

**Para reservaciones por favor contactar a su concierge personal**  
*For reservation please contact your personal concierge*