



MINDFULHABITS

OCTOBER WELLNESS 2017

CLASSES & WORKSHOPS

Stay Fit Nutrition Class Yoga Workshop

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:00 am VINYASA YOGA Pier by Magali R.	02 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am FIT YOGA Pier by Magali Rodriguez 11:00 am OCT. WELLNESS OPENING Activities Pool by Magali R.	03 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am FLOW YOGA Pier by Ana Bolio 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez	04 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am FIT YOGA Pier by Magali Rodriguez 1:00 pm COOKING CLASS Hiroshi by Miguel Bautista from Vegan Planet	05 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am VINYASA YOGA Pier by Ana Bolio 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez	06 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am FLOW YOGA Pier by Magali Rodriguez 1:00 pm COOKING CLASS Hiroshi by Miguel Bautista from Vegan Planet	07 7:30 am MASSIVE CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am PROGRESSIVE YOGA Pier by Ana Bolio
08 9:00 am VINYASA YOGA Pier by Magali Rodriguez	09 7:30 am BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am VINYASA YOGA Pier by Magali Rodriguez 6 - 8 pm WINETHERAPY CHEFS & TABLE HIROSHI Terrace additional Cost Activity 8:40 - 9 pm	10 7:30 am BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am FLOW YOGA Pier by Ana Bolio 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez 6 - 8 pm WINETHERAPY CHEFS & TABLE CASONA Terrace additional Cost Activity 8:40 - 9 pm Salad Bar	11 7:30 am BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am FIT YOGA Pier by Magali Rodriguez 6 - 8 pm WINETHERAPY CHEFS & TABLE DAVINO Terrace additional Cost Activity 8:40 - 9 pm in front Kitchen	12 7:30 am BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am VINYASA YOGA Pier by Ana Bolio 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez 6 - 8 pm WINETHERAPY CHEFS & TABLE ZAMA Terrace additional Cost Activity 8:40 - 9 pm in front the Bar	13 7:30 am BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am FLOW YOGA Pier by Magali Rodriguez 11:00 am INTEGRAL HEALTH Casona Workshop by Hospiten 6 - 8 pm WINETHERAPY CHEFS & TABLE CAPRICHIO Terrace additional Cost Activity 8:40 - 9 pm 5 Chefs	14 7:30 am MASSIVE BOOT CAMP JAMIE & DRIVEN DE LA ROSA Palmar Terrace Fitness Models 9:00 am PROGRESSIVE YOGA Pier by Ana Bolio
15 9:00 am VINYASA YOGA Pier by Magali Rodriguez	16 7:30 am BOOT CAMP Main Pool by Janet Goodwin 9:00 am VINYASA YOGA Pier by Magali Rodriguez 11:00 am H2O FITNESS Main Pool by Janet Goodwin 6:00 pm MAYAN RITUALS Zama by Village Spa	17 7:30 am BOOT CAMP Main Pool by Janet Goodwin 9:00 am YOGA CLASS Pier by Naya Rappaport 11:00 am H2O FITNESS Main Pool by Janet Goodwin 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez 6:00 pm MAYAN RITUALS Zama by Village Spa	18 7:30 am BOOT CAMP Main Pool by Janet Goodwin 9:00 am YOGA CLASS Pier by Naya Rappaport 11:00 am H2O FITNESS Main Pool by Janet Goodwin 6:00 pm MAYAN RITUALS Zama by Village Spa	19 7:30 am BOOT CAMP Main Pool by Janet Goodwin 9:00 am YOGA CLASS Pier by Naya Rappaport 11:00 am H2O FITNESS Main Pool by Janet Goodwin 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez 6:00 pm MAYAN RITUALS Zama by Village Spa	20 7:30 am BOOT CAMP -- by Janet Goodwin 9:00 am FLOW YOGA Pier by Magali Rodriguez 11:00 am INTEGRAL HEALTH Casona Workshop by Hospiten 6:00 pm SONOTERAPIA Zama by Auri Diaz & Magali Rodriguez	21 7:30 am MASSIVE FITNESS CLASS Palmar Terrace by Janet Goodwin 9:00 am PROGRESSIVE YOGA Pier by Ana Bolio
22 9:00 am VINYASA YOGA Pier by Magali Rodriguez	23 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am VINYASA YOGA Pier by Magali Rodriguez 11:00 am AQUA ZUMBA Main Pool by Iris Mota	24 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez	25 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota	26 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota 12:00 pm SOUND MEDITATION Pier by Magali Rodriguez	27 7:30 am CROSS BODY TRAINING Palmar Terrace by Pierre De Laet Fitness Coach 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota	28 7:30 am OCTOBER WELLNESS SK ANNUAL RACE 9:00 am AQUA ZUMBA Main Pool by Iris Mota
29 9:00 am YOGA GURU Pier by Bonnie Ringer	30 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota	31 9:00 am YOGA GURU Pier by Bonnie Ringer 11:00 am AQUA ZUMBA Main Pool by Iris Mota	 <i>Inspire yourself with a calm mind and a happy heart!</i> SHARE YOUR EXPERIENCE #octoberwellness #taferexperience			