

# October WELLNESS

by  Village Spa

## CLASSES & WORKSHOPS

Stay Fit

Wellness

Spa

Carrera OW

### 01 THURSDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Lounge Sak Bar

**9:00 am** VINYASA YOGA  
by Lina Muñoz | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** PURIFICATION RITUAL  
by Village Spa | Spa Wood Fire

### 02 FRIDAY

**9:00 am** HATHA FLOW  
by Lina Muñoz | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SPA ATELLIER  
by Village Spa | Spa Wood Fire

### 03 SATURDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Lounge Sak Bar

**9:00 am** POWER VINYASA  
by Lina Muñoz | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SENSUAL FLOORWORK FITNESS  
by Village Spa | Gym

### 04 SUNDAY

**10:00 am** ZUMBA FITNESS  
by Rafael Vegas | Main Pool

### 05 MONDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Casona Terrace

**9:00 am** FEELING MANIPURA  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** HOW TO DEAL WITH INSOMNIA  
by Lina Muñoz | Spa Wood Fire

### 06 TUESDAY

**9:00 am** STREIGHT & MOBILITY  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL DE CACAO  
by Lina Muñoz | Spa Wood Fire

### 07 WEDNESDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Casona Terrace

**9:00 am** RESTORATIVE YOGA  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SOUND HEALING  
by Village Spa & Yiva Om | Beach

### 08 THURSDAY

**9:00 am** ASHTANGA YOGA  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** KOMBUCHA TIME  
by Yiva Om | Spa Wood Fire

### 09 FRIDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Casona Terrace

**9:00 am** VINYASA FLOW  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** TEA TIME  
by Village Spa | Spa Wood Fire

### 10 SATURDAY

**9:00 am** CHAKRA BALANCE  
by Lina Muñoz | Lounge Zak Bar

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

### 12 MONDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Waterful Pool

**9:00 am** HATHA FLOW  
by Lina Muñoz | Casona Terrace

**10:00 am** HAWAIIAN DANCE  
by Giselle Sedinger | Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SPA ATELIER  
by Village Spa | Spa Fire Wood

### 13 TUESDAY

**9:00 am** ASHTANGA VINYASA  
by Lina Muñoz | Casona Terrace

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL MAYA  
by Omar Balan | Beach

### 14 WEDNESDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Waterful Pool

**9:00 am** VINYASA YOGA  
by Lina Muñoz | Casona Terrace

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SOUND HEALING  
by Village Spa & Yiva Om | Pier

### 15 THURSDAY

**9:00 am** YOGA CORE  
by Lina Muñoz | Casona Terrace

**10:00 am** TAHITIAN DANCE  
by Giselle Sedinger | Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** PURIFICATION RITUAL  
by Village Spa | Spa Fire Wood

### 16 FRIDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Waterful Pool

**9:00 am** ANAHATA YOGA  
by Lina Muñoz | Casona Terrace

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SPA ATELLIER  
by Village Spa | Spa Wood Fire

### 17 SATURDAY

**9:00 am** RESTORATIVE YOGA  
by Lina Muñoz | Casona Terrace

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

### 19 MONDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Zak Bar

**9:00 am** POWER VINYASA  
by Lina Muñoz | Pier

**10:00 am** HAWAIIAN DANCE  
by Giselle Sedinger | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SPA ATELLIER  
by Village Spa | Spa Fire Wood

### 20 TUESDAY

**9:30 am** YOGA BLISS  
by Bonnie Ringer | Muelle/Pier

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL MAYA  
by Omar Balan | Beach

### 21 WEDNESDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Zak Bar

**9:30 am** YOGA BLISS  
by Bonnie Ringer | Muelle/Pier

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** KOMBUCHA TIME  
by Yiva Om | Spa Fire Wood

### 22 THURSDAY

**9:30 am** YOGA BLISS  
by Bonnie Ringer | Muelle/Pier

**10:00 am** TAHITIAN DANCE  
by Giselle Sedinger | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** PURIFICATION RITUAL  
by Village Spa | Spa Fire Wood

### 23 FRIDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Zak Bar

**9:30 am** YOGA BLISS  
by Bonnie Ringer | Muelle/Pier

**10:00 am** STREATCHING  
by Activities Staff | Main Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL DE CACAO  
by Lina Muñoz | Spa Fire Wood

### 24 SATURDAY

**9:00 am** VINYASA YOGA  
by Lina Muñoz | Muelle/Pier

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

### 26 MONDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Casona Terrace

**9:30 am** SUP BOARDING YOGA  
by Bonnie Ringer | Waterful Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SOUND HEALING  
by Village Spa | Spa Fire Wood

### 27 TUESDAY

**9:30 am** SUP BOARDING YOGA  
by Bonnie Ringer | Waterful Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL MAYA  
by Omar Vazquez | Beach

### 28 WEDNESDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Casona Terrace

**9:30 am** SUP BOARDING YOGA  
by Bonnie Ringer | Waterful Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** RITUAL DE CACAO  
by Lina Muñoz | Spa Fire Wood

### 29 THURSDAY

**9:30 am** SUP BOARDING YOGA  
by Bonnie Ringer | Waterful Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** PURIFICATION RITUAL  
by Village Spa | Spa Fire Wood

### 30 FRIDAY

**8:00 am** MOTIVATIONAL WORKOUT  
by Maria Alzate | Zak Bar

**9:30 am** SUP BOARDING YOGA  
by Bonnie Ringer | Waterful Pool

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool

**4:00 pm** SPA ATELLIER  
by Village Spa | Spa Wood Fire

### 31 SATURDAY

**8:00 am** CARRERA WELLNESS  
by Villa Palmar Cancún | Motor Lobby

**12:00 pm** AQUA ZUMBA  
by Activities Staff | Main Pool



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