

October WELLNESS

by  Village Spa

CLASSES & WORKSHOPS

Stay Fit

Wellness

Spa

01 FRIDAY

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

10:00 am **SOUND HEALING**
by Lina Muñoz | 📍 Main Pool

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

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Pergola La Casona

02 SATURDAY

9:00 am **VINYASA YOGA**
by Lina Muñoz | 📍 Deck Garza Blanca

11:00 am **THE POWER OF AROMATHERAPY**
by Lina Muñoz | 📍 Pergola Zamá

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

04 MONDAY

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

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

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

05 TUESDAY

9:00 am **VINYASA YOGA**
by Lina Muñoz | 📍 Food truck Deck GB

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

5:00 pm **RITUAL DE CACAO**
by Village Spa | 📍 Fogata Spa

06 WEDNESDAY

9:30 am **YOGABLISS**
by Bonnie Ringer | 📍 Muelle/Pier

11:00 am **SOUND HEALING**
by Lina Muñoz | 📍 Muelle/Pier

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

5:00 pm **HOMEMADE SKIN CARE PRODUCTS WITH AROMATHERAPY**
by Village Spa | 📍 PÉrgola Spa

07 THURSDAY

9:30 am **YOGABLISS**
by Bonnie Ringer | 📍 Muelle/Pier

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

5:00 pm **KOMBUCHA TIME**
by Lina Muñoz | 📍 Pergola Casona

08 FRIDAY

8:00 am **SOUND HEALING**
by Lina Muñoz | 📍 Food truck Deck GB

9:30 am **YOGABLISS**
by Bonnie Ringer | 📍 Muelle/Pier

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

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Pergola La Casona

09 SATURDAY

9:00 am **VINYASA YOGA**
by Lina Muñoz | 📍 Food truck Deck GB

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

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

5:00 pm **HOMEMADE SKIN CARE PRODUCTS WITH AROMATHERAPY**
by Village Spa | 📍 PÉrgola Spa

11 MONDAY

9:30 am **SUP BOARDING YOGA**
by Bonnie Ringer | 📍 Bridge pool

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

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

5:00 pm **FACIAL CLASS**
by Village Spa | 📍 Pergola La Casona

12 TUESDAY

9:30 am **SUP BOARDING YOGA**
by Bonnie Ringer | 📍 Bridge pool

12:00 pm **AQUA ZUMBA**
by Experiences Staff | 📍 Zak Bar Front

5:00 pm **SOUND HEALING**
by Lina Muñoz | 📍 Pergola Spa

13 WEDNESDAY

9:30 am **SUP BOARDING YOGA**
by Bonnie Ringer | 📍 Bridge pool

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

5:00 pm **CACAO RITUAL**
by Village Spa | 📍 Fogata Spa

14 THURSDAY

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

12:00 pm **AQUA ZUMBA**
by Experiences Staff | 📍 Zak Bar Front

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Fogata Spa

15 FRIDAY

9:00 am **VINYASA YOGA**
by Lina Muñoz | 📍 Food truck Deck GB

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

5:00 pm **HOMEMADE SKIN CARE PRODUCTS WITH AROMATHERAPY**
by Village Spa | 📍 Pergola La Casona

16 SATURDAY

8:00 am **SOUND HEALING**
by Lina Muñoz | 📍 Food truck Deck GB

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

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

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

18 MONDAY

9:00 am **YOGA**
by Lorena Boschi | 📍 Pier / Muelle

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

12:00 pm **RITMOS LATINOS DANCE CLASS**
by Veronica Estrada | 📍 Main Pool

5:00 pm **FACIAL CLASS**
by Lina Muñoz | 📍 Village Spa

19 TUESDAY

8:00 am **SOUND HEALING**
by Lina Muñoz | 📍 Pier / Muelle

9:00 am **YOGA**
by Lorena Boschi | 📍 Food truck Deck GB

11:00 am **NATURA BISSÉ MASTER CLASS (LIMITED AVAILABILITY)**
by Natura Bissé | 📍 Spa

12:30 pm **VEGAN COOKING CLASS (LIMITED AVAILABILITY)**
by Chef Miguel Bautista | 📍 Spa

5:00 pm **RITUAL DE CACAO**
by Village Spa | 📍 Pergola Zamá

20 WEDNESDAY

9:00 am **YOGA**
by Lorena Boschi | 📍 Pier / Muelle

12:00 pm **RITMOS LATINOS DANCE CLASS**
by Veronica Estrada | 📍 Zak Bar Front

5:00 pm **SOUND HEALING**
by Village Spa | 📍 Terraza Lobby

21 THURSDAY

9:00 am **YOGA**
by Lorena Boschi | 📍 Food truck Deck GB

11:00 am **NATURA BISSÉ MASTER CLASS (LIMITED AVAILABILITY)**
by Natura Bissé | 📍 Spa

12:30 pm **SMOOTHIE BAR CLASS "SUPERFOODS" (LIMITED AVAILABILITY)**
by Natura Bissé | 📍 Spa

3:00 pm **KOMBUCHA TIME**
by Lina Muñoz | 📍 Pergola La Casona

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Pergola La Casona

22 FRIDAY

9:00 am **YOGA**
by Lorena Boschi | 📍 Pier / Muelle

12:00 pm **RITMOS LATINOS DANCE CLASS**
by Veronica Estrada | 📍 Zak Bar Front

5:00 pm **SOUND HEALING**
by Lina Muñoz | 📍 Pergola La Casona

23 SATURDAY

9:00 am **YOGA**
by Lorena Boschi | 📍 Food truck Deck GB

10:00 am **TABATA**
by Experiences Staff | 📍 Main Pool

12:00 pm **AQUA ZUMBA**
by Experiences Staff | 📍 Zak Bar Front

5:00 pm **SOUND HEALING**
by Lina Muñoz | 📍 Beach/ Playa

25 MONDAY

8:00 am **HIIT & ABS**
by Marce Fit | 📍 Zak Bar

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

10:00 am **TABATA**
by Experiences Staff | 📍 Zak Bar Front

12:00 pm **AQUA ZUMBA**
by Experiences Staff | 📍 Zak Bar Front

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Pergola La Casona

26 TUESDAY

8:00 am **LEGS & BOOTY HIIT**
by Marce Fit | 📍 Garza Blanca beach

9:00 am **VINYASA YOGA**
by Lina Muñoz | 📍 Food truck Deck GB

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

5:00 pm **KOMBUCHA TIME**
by Lina Muñoz | 📍 Pergola La Casona

27 WEDNESDAY

8:00 am **UPPER BODY HIIT**
by Marce Fit | 📍 Zak Bar

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

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

5:00 pm **SOUND HEALING**
by Village Spa | 📍 Terraza Lobby

28 THURSDAY

8:00 am **FULL BODY HIIT**
by Marce Fit | 📍 Garza Blanca beach

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

11:00 am **THE POWER OF AROMATHERAPY**
by Lina Muñoz | 📍 Pergola Spa

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

5:00 pm **HEALING RITUAL**
by Village Spa | 📍 Pergola Spa

29 FRIDAY

8:00 am **HIIT & ABS**
by Marce Fit | 📍 Zak Bar

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

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

5:00 pm **RITUAL DE CACAO**
by Lina Muñoz | 📍 Village Spa



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