


	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
9:30 a.m.	TAI CHI *CAÑADA DECK 	ESTIRAMIENTO STRETCHING *CAÑADA DECK 	TAI CHI *CAÑADA DECK 	YOGA *CAÑADA DECK 	TAI CHI *CAÑADA DECK 	YOGA *CAÑADA DECK 	ESTIRAMIENTO STRETCHING *CAÑADA DECK 
10:30 a.m.	CAMINATA NATURAL NATURE WALK *INFINITY POOL 	MELANGE EXPERIENCE SPA TOUR *BLEND 	PADDLEBOARD CLINIC *INFINITY POOL 	CAMINATA NATURAL NATURE WALK *INFINITY POOL 	MELANGE EXPERIENCE SPA TOUR *BLEND 	PADDLEBOARD CLINIC *INFINITY POOL 	CAMINATA NATURAL NATURE WALK *INFINITY POOL 
11:00 a.m.		BOCCE BALL *BEACH 	JENGA TOURNAMENT *INFINITY POOL 		PING PONG TOURNAMENT *ESSENCES 	DARTS DARDOS *INFINITY POOL 	
12:00 p.m.	ACUAEROBICS POOL WORKOUT *INFINITY POOL 	ACUAEROBICS POOL WORKOUT *INFINITY POOL 	DESAFIO DEL BAÑO FRÍO 	ACUAEROBICS POOL WORKOUT *INFINITY POOL 	ACUAEROBICS POOL WORKOUT *INFINITY POOL 	DESAFIO DEL BAÑO FRÍO 	HEALING WAVES DJ SESSION *INFINITY POOL 
2:00 p.m.	COSMIC CEREMONY CEREMONIA COSMICA *THE VENT 	ACUATERAPIA WATSU *ARMONY POOL 	ICE BATH CHALLENGE *INFINITY POOL 	ACUATERAPIA WATSU *ARMONY POOL 	MIX, BEATS & DRINKS MIXOLOGY *DROPS 	ICE BATH CHALLENGE *INFINITY POOL 	
3:00 p.m.	ORGANIC FREQUENCES DJ SESSION *INFINITY POOL 	TEQUILA DEGUSTACIÓN TASTING *THE VENT 	MUSIC IS THE ANSWER DJ SESSION *INFINITY POOL 	LINE DANCES BAILES DE LINEA *INFINITY POOL 	MITA BEATS® Budha & The Doc DJ & SAX *INFINITY POOL 	MITA BEATS® Latin Soul Duo DJ WILL YS NICE *INFINITY POOL 	TEQUILA DEGUSTACIÓN TASTING *THE VENT 
4:00 p.m.		VOLLEYBALL ACUÁTICO POOL VOLLEYBALL *ARMONY POOL 		VOLLEYBALL ACUÁTICO POOL VOLLEYBALL *ARMONY POOL 		VOLLEYBALL ACUÁTICO POOL VOLLEYBALL *ARMONY POOL 	VOLLEYBALL ACUÁTICO POOL VOLLEYBALL *ARMONY POOL 
5:00 p.m.	WET BLACK JACK *INFINITY POOL 	BEER PONG TOURNAMENT *INFINITY POOL 	SONOTERAPIA SOUND HEALING *THE VENT 	WET BLACK JACK *INFINITY POOL 	SONOTERAPIA SOUND HEALING *THE VENT 	WET BLACK JACK *INFINITY POOL 	BEER PONG TOURNAMENT *INFINITY POOL 
NOCHES TEMA THEME NIGHTS 8:00 p.m. - 11:00 p.m.	"ALL IN" CASINO LIVE MUSIC GAMES *BLEND 	KARAOKE *INSÚ 	¡BAILA CUBA! LIVE MUSIC SALSA DANCING CLASS *BLEND 	GLOW WITH FLOW® DJ SESSION NEON PARTY *INSÚ 	LOGO & CO FASHION FRIDAY LIVE MUSIC CATWALK *BLEND 	ARMONY VIBES® DJ SESSION FIRE SHOW. *PLAZA ARMONY 	SALUD + MEZCAL DJ SESSION GAMES & GUACAMOLE *BLEND 

PROGRAMA DIARIO DE BIENESTAR · DAILY WELLNESS SCHEDULE

CEREMONIA
COSMICA
4 ELEMENTS
2:00 p.m.
LUNES
MONDAY
*THE VENT



YOGA
9:30 a.m.
JUEVES Y SÁBADO
THURSDAY & SATURDAY
*CAÑADA DECK



RETO DE LA TINA CON HIELO
ICE BATH CHALLENGE
12:00 p.m.
MIÉRCOLES & SABADO
WEDNESDAY & SATURDAY
*INFINITY POOL



ACUATERAPIA
WATSU
2:00 p.m.
MARTES Y JUEVES
TUESDAY & THURSDAY
*ARMONY POOL



SONOTERAPIA
SOUND HEALING
5:00 p.m.
MIÉRCOLES Y VIERNES
WEDNESDAY & FRIDAY
*THE VENT



CLASE DE TAI CHI
TAI CHI CLASS
9:30 a.m.
LUNES, MIÉRCOLES Y VIERNES
MONDAY, WEDNESDAY & FRIDAY
*CAÑADA DECK

