

PROGRAMA DE EJERCICIOS

EXERCISES PROGRAM

Lunes / *Monday*

Yoga Aéreo / Aerial Yoga | 8:00 a.m. (Yoga Studio)

Martes / *Tuesday*

Hatha Yoga | 8:00 a.m. (Yoga Studio)

Power Pilates | 9:30 a.m. (Yoga Studio)

Miércoles / *Wednesday*

Sonidos de sanación / Sound healing | 10:00 a.m. (Yoga Studio)

Yoga al Atardecer | Sunset Yoga | 6:00 p.m (Jardín gazebo / Gazebo garden)

Jueves / *Thursday*

Hatha Yoga | 8:00 a.m. (Yoga Studio)

Power Pilates | 9:30 a.m. (Yoga Studio)

Viernes / *Friday*

Yoga Aéreo / Aerial Yoga | 8:00 a.m. (Yoga Studio)

Yoga al Atardecer | Sunset Yoga | 6:00 p.m (Jardín gazebo / Gazebo garden)

Sábado / *Saturday*

Baile Fitness / Fitness Dance | 8:15 a.m. (Yoga Studio)

Para reservaciones por favor contactar a su concierge personal

For reservation please contact your personal concierge

Spa | SE