



GRAND VELAS.

Los Cabos | México

Del 12 al 18 de Enero 2026/ From January 12th to 18th, 2026.

Programa de actividades

Activities program

Hour / Hora	Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes	Saturday / Sábado	Sunday / Domingo
7:00		VELAS YOGA STRETCHING GYM TERRACE		STRETCHING AND MOBILITY GYM TERRACE	VELAS YOGA STRETCHING GYM TERRACE	VELAS YOGA STRETCHING GYM TERRACE	VELAS YOGA STRETCHING GYM TERRACE
8:00				GLUTE SCULPT & STRENGTH GYM TERRACE			BODY JUMP TRAMPOLINE PALAPA
9:00		GLUTES POOL WORKOUT POOL 2				AQUADYNAMIC ABS & CORE POOL 2	
10:00	AQUA CYCLING POOL 2	AQUATIC FITNESS EXPERIENCE POOL 2	AQUA CYCLING POOL 2		AQUA CYCLING POOL 2	AQUATIC FITNESS EXPERIENCE POOL 2	AQUATIC FITNESS EXPERIENCE POOL 2
10:00	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL	VELAS QUESTION BY THE POOL
11:00	WATER FUNCTIONAL BIKE/ WATER VOLLEYBALL POOL 2	WATER POLO POOL 2	WATER FUNCTIONAL BIKE/ WATER VOLLEYBALL POOL 2	WATER POLO POOL 2	WATER FUNCTIONAL BIKE/ WATER VOLLEYBALL POOL 2	WATER POLO POOL 2	WATER VOLLEYBALL POOL 2
12:00	AQUA AEROBICS POOL 2	SPA ATELIER NATURAL SCRUB SE SPA	AQUA-ZUMBA POOL 2	SPA ATELIER SMUDGE STICKS SE SPA	AQUA-GYM POOL 2	AQUA-ZUMBA POOL 2	AQUA AEROBICS POOL 2
14:00	ARTWORK SHOP +15 MIRAMAR	MOJITOS CLASS +18 ACTIVITIES CENTER	COOKING CLASS SEN LIN RESTAURANT	PAINT & WINE MIRAMAR	COOKING CLASS FRIDA RESTAURANT	ARTWORK SHOP +15 MIRAMAR	POKER GAME ACTIVITIES CENTER
15:00		PING PONG TOURNAMENT ACTIVITIES CENTER	BINGO GAME ACTIVITIES CENTER		PING PONG TOURNAMENT ACTIVITIES CENTER		PING PONG TOURNAMENT ACTIVITIES CENTER
16:00		BINGO GAME ACTIVITIES CENTER	MIXOLOGY AUTOR BAR		BINGO GAME ACTIVITIES CENTER		MIXOLOGY AUTOR BAR
17:00	TEQUILA TASTING FRIDA RESTAURANT	WINE TASTING TEQUILA & MEZCAL BAR		MEZCAL TASTING TEQUILA & MEZCAL BAR	TEQUILA TASTING TEQUILA & MEZCAL BAR	MEZCAL TASTING TEQUILA & MEZCAL BAR	
18:00					MERCADO MEX PALAPA		THE WINE TABLE KOI BAR
21:00			VELVET GUITAR +18 KOI BAR	POP ROCK TRÍO +18 KOI BAR STARRY TUNES KARAOKE NIGHT +18 SKY BAR	BLUE BAND +18 KOI BAR SAX NIGHT +18 SKY BAR	VELVET GUITAR +18 KOI BAR DJ NIGHT +18 SKY BAR	MEDIUM BAND +18 KOI BAR

Actividades sujetas a cambios sin previo aviso, según la temporada. Por favor verifique con su concierge al momento de hospedarse.
Activities subject to change according to the season without prior notice. Please verify with concierge at the time of your stay.