



GRAND VELAS.

Los Cabos | México

# Programa de actividades Activities program

Del 25 al 31 de Mayo, 2026/ From May 25th to May 31th, 2026.

Hour / Hora	Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes	Saturday / Sábado	Sunday / Domingo
7:00	YOGA STRETCHING GYM TERRACE	YOGA STRETCHING GYM TERRACE	YOGA STRETCHING GYM TERRACE	YOGA STRETCHING GYM TERRACE	YOGA STRETCHING GYM TERRACE	STRETCHING & MOBILITY GYM TERRACE	YOGA STRETCHING GYM TERRACE
9:00	TABATA BLITZ GYM TERRACE	GLUTES POOL WORKOUT POOL 2	BODY JUMP TRAMPOLINE PALAPA	AQUADYNAMIC ABS & CORE POOL 2	TABATA BLITZ GYM TERRACE	GLUTE SCULPT & STRENGTH GYM TERRACE	BODY JUMP TRAMPOLINE PALAPA
10:00	AQUA CYCLING POOL 2 VELAS QUESTION BY THE POOL	AQUATIC FITNESS EXPERIENCE POOL 2 VELAS QUESTION BY THE POOL	WATER FUNCTIONAL BIKE POOL 2	AQUATIC FITNESS EXPERIENCE POOL 2	AQUA CYCLING POOL 2		WATER FUNCTIONAL BIKE POOL 2 VELAS QUESTION BY THE POOL
11:00	WATER VOLLEYBALL POOL 2	DODGEBALL CENTRAL GARDEN	WATER VOLLEYBALL POOL 2		SOCCER CENTRAL GARDEN	WATER VOLLEYBALL POOL 2	DODGEBALL AZUL GARDEN
12:00	AQUA AEROBICS POOL	AQUA ZUMBA POOL NATURAL SCRUB SPA ATELIER	AQUA GYM POOL	SMUDGE STICKS SPA ATELIER	AQUA ZUMBA POOL	AQUA GYM POOL	AQUA AEROBICS POOL
13:00	LUNCH	PICKLEBALL DEL MAR TERRACE	PICKLEBALL DEL MAR TERRACE	PICKLEBALL DEL MAR TERRACE	LUNCH	LUNCH	LUNCH
14:00	ART WORKSHOP MIRAMAR	MOJITOS CLASS +18 ACTIVITIES CENTER	COOKING CLASS +18		COOKING CLASS +18	LATIN RHYTHMS CLASS ACTIVITIES CENTER	PING-PONG TOURNAMENT ACTIVITIES CENTER
15:00		VOLLEYBALL BEACH	BREAK THE PIÑATA PALAPA	CITY TOUR LOBBY	GOLDEN ARM CENTRAL GARDEN	FAMILY ART LAB ACTIVITIES CENTER	SPLASH FUN PALAPA
16:00	BADMINTON CENTRAL GARDEN	SOUND HEALING MEDITATION GYM TERRACE	MIXOLOGY +18 AUTOR BAR		BADMINTON CENTRAL GARDEN		MIXOLOGY +18 KOI BAR
17:00	TEQUILA TASTING +18 T&M	WINE TASTING +18 T&M		MEZCAL TASTING +18 T&M	TEQUILA TASTING +18 T&M	MEZCAL TASTING +18 T&M	
18:00					MEXICAN MARKET THE PALAPA		THE WINE TABLE KOI BAR
19:15	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR	PIANO NIGHT KOI BAR
20:00			BINGO SKY BAR	BLACKJACK SKY BAR	POKER SKY BAR	DARTS & DICE SKY BAR	STARLIT BONFIRE MUSIC & S'MORES MIRAMAR
21:00			BAJA SUNSET LOUNGE DJ SKY BAR	KARAOKE SKY BAR	OPEN SKY BEST HITS POP, FUNK & DISCO VERSATIL LIVE BAND SKY BAR	LATIN GROOVES LATIN LIVE BAND SKY 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.