



**GRAND VELAS.**

Los Cabos | México

Del 9 al 15 de Marzo, 2026 / From March 9 - 15, 2026

# Programa de actividades Activities program

Hour / Hora	Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes	Saturday / Sábado	Sunday / Domingo
7:00	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE	<b>YOGA STRETCHING</b> GYM TERRACE
9:00	<b>TABATA BLITZ</b> GYM TERRACE	<b>GLUTES POOL WORKOUT</b> POOL 2	<b>TABATA BLITZ</b> GYM TERRACE	<b>AQUADYNAMIC ABS &amp; CORE</b> POOL 2	<b>TABATA BLITZ</b> GYM TERRACE	<b>GLUTES POOL WORKOUT</b> POOL 2	<b>TABATA BLITZ</b> GYM TERRACE
10:00	<b>AQUA CYCLING</b> POOL 2	<b>AQUATIC FITNESS EXPERIENCE</b> POOL 2	<b>WATER FUNCTIONAL BIKE</b> POOL 2	<b>AQUATIC FITNESS EXPERIENCE</b> POOL 2	<b>AQUA CYCLING</b> POOL 2	<b>AQUATIC FITNESS EXPERIENCE</b> POOL 2	<b>AQUA CYCLING</b> POOL 2
10:00	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>	<b>VELAS QUESTION BY THE POOL</b>
11:00	<b>VOLLEYBALL BEACH</b>	<b>VOLLEYBALL POOL 2</b>	<b>VOLLEYBALL BEACH</b>	<b>VOLLEYBALL POOL 2</b>	<b>VOLLEYBALL BEACH</b>	<b>VOLLEYBALL POOL 2</b>	<b>VOLLEYBALL BEACH</b>
12:00	<b>AQUA AEROBICS</b> POOL 3	<b>AQUA-ZUMBA POOL 3 SPA ATELIER NATURAL SCRUB SE SPA</b>	<b>AQUA-GYM</b> POOL 3	<b>AQUA AEROBICS POOL 3 SPA ATELIER SMUDGE STICKS SE SPA</b>	<b>AQUA-ZUMBA</b> POOL 3	<b>AQUA-GYM</b> POOL 3	<b>AQUA AEROBICS</b> POOL 3
14:00	<b>ARTWORK SHOP +15</b> ACTIVITIES CENTER	<b>MOJITOS CLASS +18</b> ACTIVITIES CENTER	<b>COOKING CLASS</b> SEN LIN RESTAURANT	<b>PAINT &amp; WINE</b> MIRAMAR	<b>COOKING CLASS</b> LUCCA RESTAURANT	<b>DANCE CLASS</b> ACTIVITIES CENTER	<b>GOLDEN ARM</b> AZUL GARDEN
15:00		<b>FAMILY FLOATING RACE</b> POOL 2	<b>PING PONG TOURNAMENT</b> ACTIVITIES CENTER		<b>FAMILY BREAKING THE PIÑATA</b> PALAPA	<b>DODGEBALL</b> AZUL GARDEN	
16:00	<b>FAMILY ISLAND ESCAPE</b> PALAPA	<b>SOUND HEALING MEDITATION</b> MAR TERRACE	<b>MIXOLOGY</b> AUTOR BAR	<b>FAMILY TREASURE</b> MIRAMAR	<b>SOCCER MATCH</b> PALAPA	<b>MIXOLOGY</b> AUTOR 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.