

# WELLNESS

## workout



### PROGRAMA DE EJERCICIOS/ EXERCISES PROGRAM

#### **Lunes / Monday**

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)

Yin Yoga | 9:30 am (Gazebo)

#### **Martes / Tuesday**

Hatha Yoga | 8:00 am (Yoga Studio)

Power Pilates | 9:30 am (Yoga Studio)

#### **Miércoles / Wednesday**

Baile Fitness | Fitness Dance 8:00 am (Yoga Studio)

Yin Yoga | 9:30 am (Gazebo)

#### **Jueves / Thursday**

Hatha Yoga | 8:00 am (Yoga Studio)

Power Pilates | 9:30 am (Yoga Studio)

#### **Viernes / Friday**

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)

Sonidos de Sanación / Sound Healing | 10:00 am (Yoga Studio)

#### **Sábado / Saturday**

Baile Fitness | Fitness Dance 8:15 am (Yoga Studio)

**Para reservaciones por favor contactar a su concierge personal**  
*For reservation please contact your personal concierge*