




	<b>LUNES MONDAY</b>	<b>MARTES TUESDAY</b>	<b>MIÉRCOLES WEDNESDAY</b>	<b>JUEVES THURSDAY</b>	<b>VIERNES FRIDAY</b>	<b>SÁBADO SATURDAY</b>	<b>DOMINGO SUNDAY</b>
<b>9:30 a.m.</b>	<b>ESTIRAMIENTO STRETCHING CLASS</b> *CAÑADA DECK 	<b>YOGA</b> *CAÑADA DECK 	<b>ESTIRAMIENTO STRETCHING CLASS</b> *CAÑADA DECK 	<b>YOGA</b> *CAÑADA DECK 	<b>ESTIRAMIENTO STRETCHING CLASS</b> *CAÑADA DECK 	<b>YOGA</b> *CAÑADA DECK 	<b>TAI CHI CLASS</b> *CAÑADA DECK 
<b>10:30 a.m.</b>	<b>CAMINATA NATURAL NATURE WALK</b> *INFINITY POOL 	<b>TOUR EN KAYAK KAYAK TOUR</b> *WATER SPORTS SHACK 	<b>PADDLEBOARD CLINIC</b> *INFINITY POOL 	<b>CAMINATA NATURAL NATURE WALK</b> *INFINITY POOL 	<b>PADDLEBOARD</b> *INFINITY POOL 	<b>TOUR EN KAYAK KAYAK TOUR</b> *WATER SPORTS SHACK 	<b>CAMINATA NATURAL NATURE WALK</b> *INFINITY POOL 
<b>11:00 a.m.</b>		<b>BEAN BAG TOSS</b> *BEACH 	<b>PING PONG TOURNAMENT</b> *INFINITY POOL 		<b>DARTS TOURNAMENT DARDOS</b> *INFINITY POOL 	<b>PING PONG TOURNAMENT</b> *INFINITY POOL 	
<b>12:00 p.m.</b>	<b>AQUAEROBICS POOL WORKOUT</b> *INFINITY POOL 	<b>AQUAEROBICS POOL WORKOUT</b> *INFINITY POOL 	<b>DESAFIO DEL BAÑO FRÍO</b> 	<b>AQUAEROBICS POOL WORKOUT</b> *INFINITY POOL 	<b>AQUAEROBICS POOL WORKOUT</b> *INFINITY POOL 	<b>DESAFIO DEL BAÑO FRÍO</b> 	<b>DJ LOUNGE SESSION</b> *INFINITY POOL 
<b>2:00 p.m.</b>	<b>VOLLEYBALL ACUÁTICO POOL VOLLEYBALL</b> *ARMONY POOL 	<b>CLASES DE MIXOLOGÍA MIXOLOGY LESSON</b> *THE VENT 	<b>ICE BATH CHALLENGE</b> *INFINITY POOL 	<b>VOLLEYBALL ACUÁTICO POOL VOLLEYBALL</b> *ARMONY POOL 	<b>CLASES DE MIXOLOGÍA MIXOLOGY LESSON</b> *THE VENT 	<b>ICE BATH CHALLENGE</b> *INFINITY POOL 	<b>VOLLEYBALL ACUÁTICO POOL VOLLEYBALL</b> *ARMONY POOL 
<b>3:00 p.m.</b>	<b>CEVICHE DEGUSTACIÓN TASTING</b> *THE VENT 	<b>BAILES DE LÍNEA LINE DANCE</b> *INFINITY POOL 	<b>TEQUILA DEGUSTACIÓN TASTING</b> *THE VENT 	<b>GUACAMOLE COOKING CLASS</b> *THE VENT 	<b>SAXOFONISTA EN VIVO</b> 	<b>MEXA BEATS POOL PARTY INICIO 3:30 P.M</b> 	<b>TEQUILA DEGUSTACIÓN TASTING</b> *THE VENT 
<b>4:00 p.m.</b>	<b>ENERGETIC MOOD DJ</b> *INFINITY POOL 	<b>AQUATERAPIA WATSU</b> *ARMONY POOL 	<b>HAPPINESS MOOD DJ</b> *INFINITY POOL 	<b>AQUATERAPIA WATSU</b> *ARMONY POOL 	<b>LIVE SAXOPHONE PLAYER</b> *INFINITY POOL 		<b>WET BLACK JACK</b> *INFINITY POOL 
<b>5:00 p.m.</b>	<b>MUSICAL REQUEST HOUR</b> *INFINITY POOL 	<b>WET BLACK JACK</b> *INFINITY POOL 	<b>SONOTERAPIA SOUND HEALING</b> *CAÑADA DECK 	<b>WET BLACK JACK</b> *INFINITY POOL 	<b>SONOTERAPIA SOUND HEALING</b> *CAÑADA DECK 	<b>DJ + FUN DANCE ELECTRO POP</b> *INFINITY POOL 	<b>MUSICAL REQUEST HOUR</b> *INFINITY POOL 
<b>8:00 p.m.</b>	<b>BLACK JACK TORNEO TOURNAMENT</b> *BLEND 	<b>LOTERIA MEXICANA</b> *BLEND 	<b>MIX, BEATS &amp; DRINKS</b> *BLEND 	<b>MOJITO TIME</b> *BLEND 	<b>BLACK JACK TORNEO TOURNAMENT</b> *BLEND 	<b>LOTERIA MEXICANA</b> *BLEND 	<b>MIX, BEATS &amp; DRINKS</b> *BLEND 
<b>NOCHES TEMA THEME NIGHTS</b>	<b>VOICE OF ALEXIS</b> 9:00 p.m. *BLEND 	<b>KARAOKE</b> 10:00 p.m. *INSÚ SKY LOUNGE 	<b>FOREVER YOUNG RETRO PARTY</b> 10:00 p.m. *INSÚ SKY LOUNGE 	<b>OASIS DE CUBA</b> 9:00 p.m. *BLEND 	<b>FLOW WITH GLOW</b> 10:00 p.m. *INSÚ SKY LOUNGE 	<b>ROXSAND BAND 'LIVE BAND'</b> 10:00 p.m. *BLEND 	<b>MEZCALITO POP</b> 9:00 p.m. *BLEND 


**PROGRAMA DIARIO DE BIENESTAR · DAILY WELLNESS SCHEDULE**

**ESTIRAMIENTOS  
STRETCHING CLASS**  
9:30 a.m.  
LUNES, MIÉRCOLES Y VIERNES  
MONDAY, TUESDAY & FRIDAY  
\*CAÑADA DECK 

**CLASE DE TAI CHI  
TAI CHI CLASS**  
9:30 a.m.  
DOMINGO  
SUNDAY  
\*CAÑADA DECK 

**RETO DE LA TINA CON HIELO  
ICE BATH CHALLENGE**  
12:00 p.m.  
MIÉRCOLES & SÁBADO  
WEDNESDAY & SATURDAY  
\*INFINITY POOL 

**YOGA**  
9:30 a.m.  
MARTES, JUEVES Y SÁBADO  
TUESDAY, THURSDAY & SATURDAY  
\*CAÑADA DECK 

**AQUATERAPIA  
WATSU**  
4:00 p.m.  
MARTES Y JUEVES  
TUESDAY & THURSDAY  
\*ARMONY POOL 

**SONOTERAPIA  
SOUND HEALING**  
5:00 p.m.  
MIÉRCOLES Y VIERNES  
WEDNESDAY & FRIDAY  
\*CAÑADA DECK 