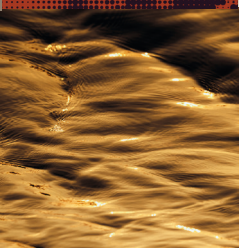
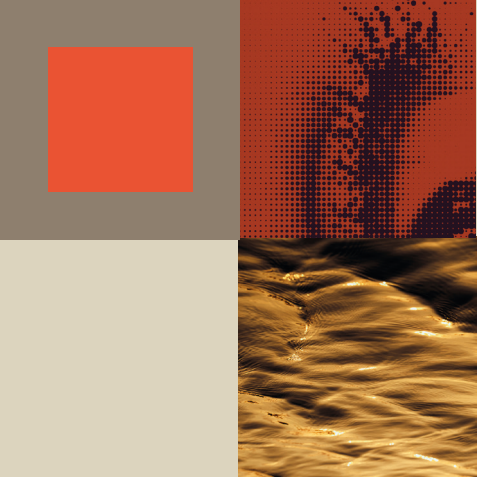


SPORTS & MEDITATION

# ROUTINE



Monday



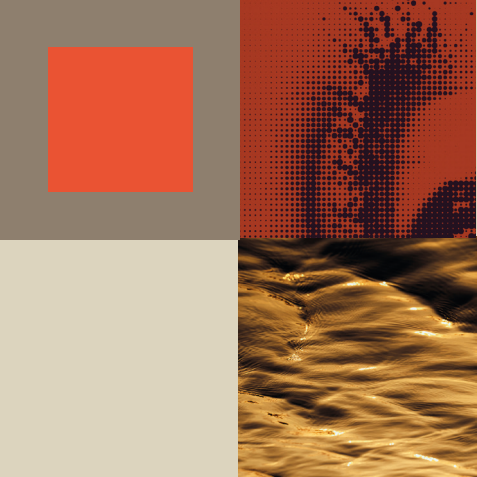
08:00 - 09:00	PADDLE BOARD	JAVARA BEACH CLUP
08:00 - 09:00	HATHA YOGA	CENOTE
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	STRETCHING	FITNESS CENTER
10:30 - 11:00	VINYASA YOGA	CENOTE
11:30 - 12:00	AQUA BIKE	ACTIVITY POOL
11:00 - 11:45	HIT CARDIO	FITNESS CENTER
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
12:00 - 13:00	MARTIAL ARTS	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	CROSS FIT	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

\*Pilates Reformer is available for an additional fee.  
Reservations can be made through the fitness center.

SPORTS & MEDITATION

ROUTINE

Tuesday



08:00 - 09:00	HATHA YOGA	CENOTE
10:00 - 11:00	PILATES	FITNESS CENTER
09:45 - 10:30	BOCCIA	ON THE BEACH
10:30 - 11:00	VINYASA YOGA	CENOTE
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:30 - 12:00	AQUA JUMP	ACTIVITY POOL
11:00 - 11:45	STRETCHING	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:00 - 15:45	AQUA DUMBELL	ACTIVITY POOL
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	CIRCLE FIT	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

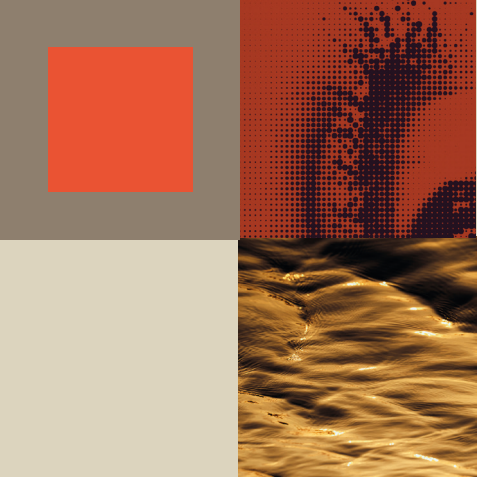
\*Pilates Reformer is available for an additional fee.  
Reservations can be made through the fitness center.

SPORTS & MEDITATION

# ROUTINE



Wednesday



08:00 - 09:00	PADDLE BOARD	JAVARA BEACH CLUP
08:00 - 09:00	HATHA YOGA	CENOTE
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	STRETCHING	FITNESS CENTER
10:30 - 11:00	VINYASA YOGA	CENOTE
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:30 - 12:00	AQUA BIKE	ACTIVITY POOL
11:00 - 11:45	STRETCHING	FITNESS CENTER
12:00 - 13:00	MARTIAL ARTS	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	FUNCTIONAL TRAINING	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

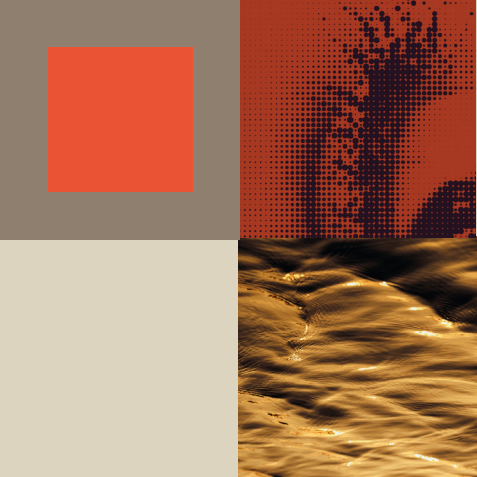
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SPORTS & MEDITATION

# ROUTINE



Thursday



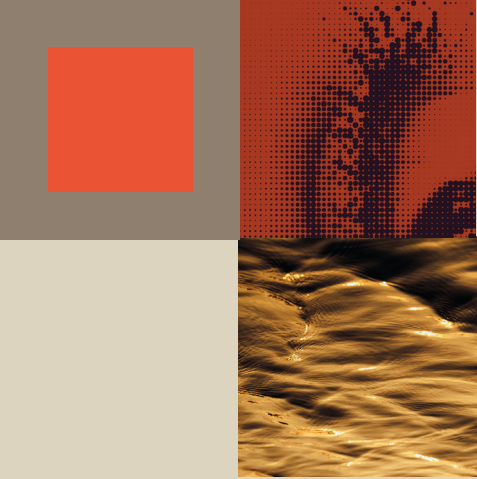
08:00 - 09:00	HATHA YOGA	CENOTE
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	PILATES	FITNESS CENTER
10:30 - 11:00	VINYASA YOGA	CENOTE
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:30 - 12:00	AQUA JUMP	ACTIVITY POOL
11:00 - 11:45	HIT CARDIO	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	TOTAL BODY	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

\*Pilates Reformer is available for an additional fee.  
Reservations can be made through the fitness center.

SPORTS & MEDITATION

# ROUTINE

 Friday



08:00 - 09:00	PADDLE BOARD	JAVARA BEACH CLUP
08:00 - 09:00	HATHA YOGA	CENOTE
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	STRETCHING	FITNESS CENTER
10:30 - 11:00	VINYASA YOGA	CENOTE
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:30 - 12:00	AQUA BIKE	ACTIVITY POOL
11:00 - 11:45	CORE TRAINING	FITNESS CENTER
12:00 - 13:00	MARTIAL ARTS	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	FATBURN WORKOUT	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

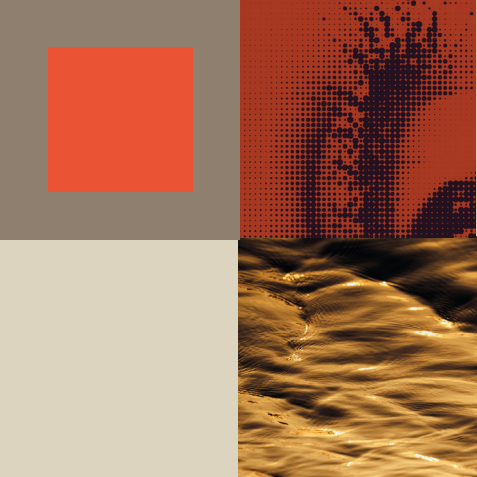
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SPORTS & MEDITATION

# ROUTINE



Saturday



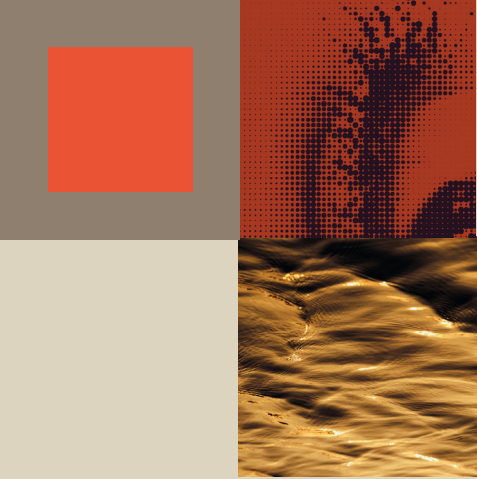
08:00 - 09:00	HATHA YOGA	CENOTE
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	PILATES	FITNESS CENTER
10:30 - 11:00	VINYASA YOGA	CENOTE
11:30 - 12:00	AQUA JUMP	ACTIVITY POOL
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:00 - 11:45	CRUNCH	FITNESS CENTER
14:30 - 15:30	YIN YOGA	CENOTE
15:00 - 15:45	AQUA DUMBELL	ACTIVITY POOL
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	FULL BODY	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

\*Pilates Reformer is available for an additional fee.  
Reservations can be made through the fitness center.

SPORTS & MEDITATION

ROUTINE

Sunday



08:00 - 09:00	PADDLE BOARD	JAVARA BEACH CLUP
09:45 - 10:30	BOCCIA	ON THE BEACH
10:00 - 11:00	STRETCHING	FITNESS CENTER
10:45 - 12:00	BEACH VOLLEYBALL	ON THE BEACH
11:30 - 12:00	AQUA BIKE	ACTIVITY POOL
11:00 - 11:45	CORE TRAINING	FITNESS CENTER
12:00 - 13:00	MARTIAL ARTS	FITNESS CENTER
14:30 - 15:30	YOGA	CENOTE
15:30 - 16:00	DART	NEXT TO MANGIARE
15:30 - 16:15	CIRCLE FIT	FITNESS CENTER
17:00 - 18:30	BEACH VOLLEYBALL	ON THE BEACH

\*Pilates Reformer is available for an additional fee.  
Reservations can be made through the fitness center.