

# WELLNESS MONTH

JULY 2025

NOBU HOTEL  
LOS CABOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	Making Bracelets 2	Soundhealing & Yoga 3	Masterclass Skincare Routine 4	Morning Beach Yoga 5	Beach Bootcamp 6
Pickleball 7	Pickleball 8	Pickleball 9	Pickleball 10	Pickleball 11	Pickleball CAMP + ADD ON 12	Pickleball CAMP + ADD ON 13
Morning Beach Yoga 14	HIIT Training 15	Active Yoga 16	Sculpt & Hustle by ZUDA 17	Sculpt & Hustle by ZUDA 18	Sculpt & Hustle by ZUDA 19	Bootcamp Class 20
Morning Beach Yoga 21	Beach HIIT 22	Soundhealing & Yoga 23	Active Yoga 24	Beach Bootcamp 25	Morning Beach Yoga 26	HIIT Training 27
Morning Beach Yoga 28	Beach HIIT 29	Soundhealing & Yoga 30	 31			