

# WELLNESS MONTH

Complementary activities

JULY 2025

NOBU HOTEL  
LOS CABOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09:30 Box <i>At Gym Terrace</i> 1	11:00 Making Bracelets <i>At Brides Room Spa</i> 2	TBC Soundhealing & Yoga <i>At Aozora</i> 3	11:00 Masterclass Skincare Routine <i>At Brides Room Spa</i> 4	07:30 Morning Beach Yoga <i>At Playa Bar</i> 5	07:30 Beach Bootcamp <i>At Playa Bar</i> 6
09:00 Pickleball <i>At Pickleball Court</i> 7	09:00 Pickleball <i>At Pickleball Court</i> 8	09:00 Pickleball <i>At Pickleball Court</i> 9	09:00 Pickleball <i>At Pickleball Court</i> 10	09:00 Pickleball <i>At Pickleball Court</i> 11	09:00 Pickleball CAMP <i>At Pickleball Court</i> ADD ON 17:00 Masterclass Skincare Routine <i>At Brides Room Spa</i> COMPLEMENTARY 12	09:00 Pickleball CAMP <i>At Pickleball Court</i> ADD ON 18:00 Sunset Beach Yoga <i>At Playa Bar</i> COMPLEMENTARY 13
07:30 Morning Beach Yoga <i>At Playa Bar</i> 14	09:30 HIIT Training <i>At Gym Terrace</i> 15	11:00 Active Yoga <i>At Gym Terrace</i> 16	TBC Sculpt & Hustle by ZUDA TBC 17	TBC Sculpt & Active Yoga by ZUDA TBC 18	TBC Sculpt & Hustle by ZUDA TBC 19	07:30 Beach Bootcamp <i>At Playa Bar</i> 20
07:30 Morning Beach Yoga <i>At Playa Bar</i> 21	07:30 Beach HIIT <i>At Playa Bar</i> 22	TBC Soundhealing & Yoga TBC 23	11:00 Active Yoga <i>At Gym Terrace</i> 24	07:30 Beach Bootcamp <i>At Playa Bar</i> 25	07:30 Morning Beach Yoga <i>At Playa Bar</i> 26	09:30 HIIT Training <i>At Playa Bar</i> 27
07:30 Morning Beach Yoga <i>At Playa Bar</i> 28	07:30 Beach HIIT <i>At Playa Bar</i> 29	TBC Soundhealing & Yoga TBC 30	09:30 Box <i>At Gym Terrace</i> 31			