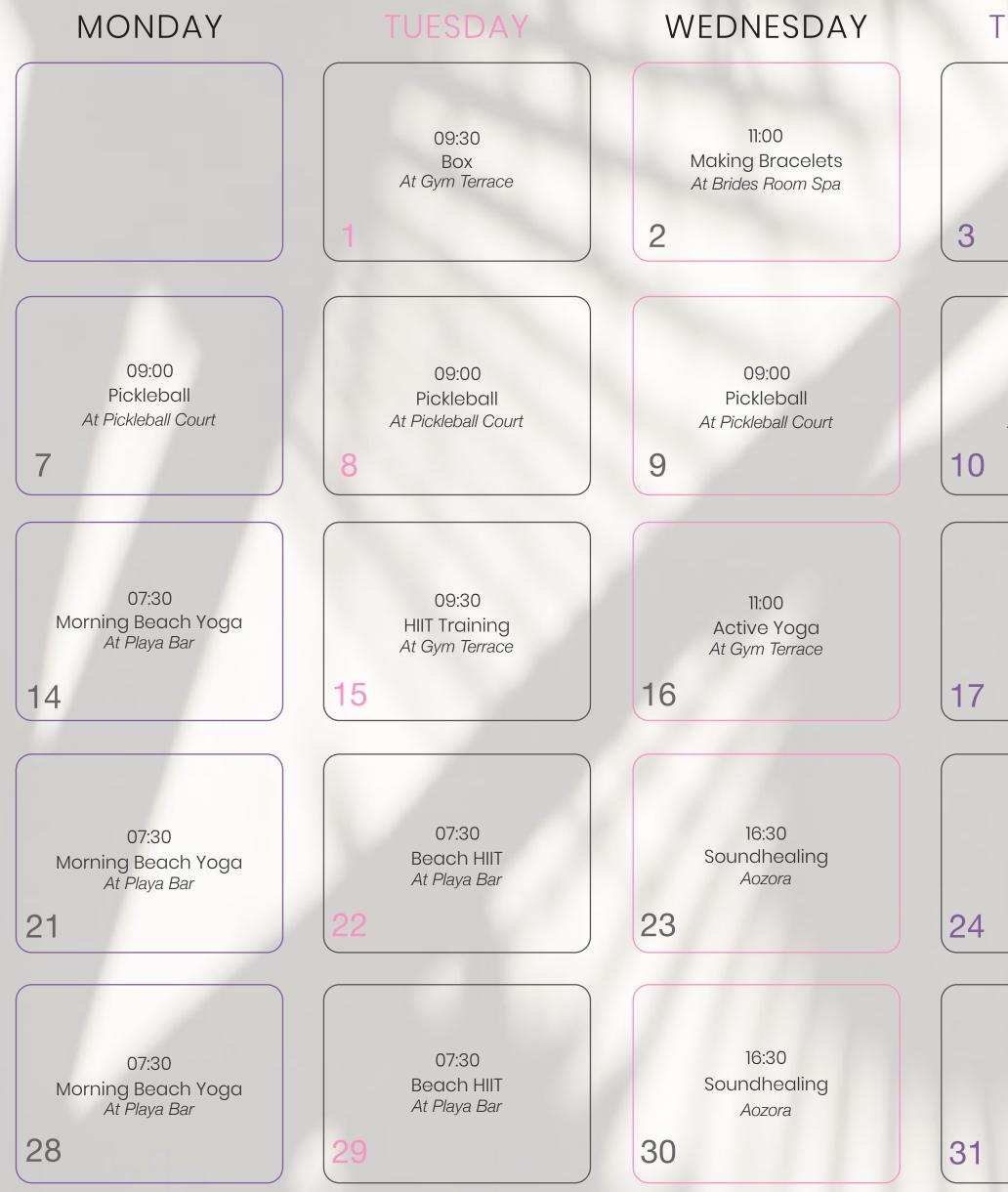
## **WELLNESS MONTH** Complementary activities



## JULY 2025



LOS CABOS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:30 Soundhealing <i>At Aozora</i>	11:00 Masterclass Skincare Routine <i>At Brides Room Spa</i>	07:30 Morning Beach Yoga <i>At Playa Bar</i>	07:30 Beach Bootcamp <i>At Playa Bar</i>
09:00 Pickleball At Pickleball Court	09:00 Pickleball <i>At Pickleball Court</i>	09:00 ADD ON Pickleball CAMP <i>At Pickleball Court</i> 17:00 Masterclass Skincare Routine <i>At Brides Room Spa</i>	09:00 ADD ON Pickleball CAMP <i>At Pickleball Court</i> 18:00 Sunset Beach Yoga <i>At Playa Bar</i> <b>13</b>
TBC Sculpt & Hustle by ZUDA <i>TBC</i>	TBC Sculpt & Active Yoga by ZUDA <i>TBC</i> 18	TBC Sculpt & Hustle by ZUDA <i>TBC</i>	07:30 Beach Bootcamp <i>At Playa Bar</i>
11:00 Active Yoga <i>At Gym Terrace</i>	07:30 Beach Bootcamp <i>At Playa Bar</i>	07:30 Morning Beach Yoga <i>At Playa Bar</i> 26	09:30 HIIT Training <i>At Playa Bar</i>
09:30 Box At Gym Terrace			

