

WELLNESS MONTH

Complimentary wellness activities are included with reservations under the "Wellness Month Package".
For other guests, a fee of \$40 UDS per person, per class applies.

JULY 2025

NOBU HOTEL
LOS CABOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09:30 BOX <i>At Gym Terrace</i>	11:00 MAKING BRACELETS <i>At Brides Room Spa</i>	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>
	1	2	3	4	5	6
09:00 PICKLEBALL <i>At Pickleball Court</i>	09:00 PICKLEBALL <i>At Pickleball Court</i>	09:00 PICKLEBALL <i>At Pickleball Court</i>	09:00 PICKLEBALL <i>At Pickleball Court</i>	09:00 PICKLEBALL <i>At Pickleball Court</i>	09:00 ADD ON LUNA PICKLEBALL CAMP <i>At Pickleball Court</i>	09:00 ADD ON LUNA PICKLEBALL CAMP <i>At Pickleball Court</i>
7	8	9	10	11	12	13
07:30 MORNING BEACH YOGA <i>At Playa Bar</i>	09:30 HIIT TRAINING <i>At Gym Terrace</i>	11:00 ACTIVE YOGA <i>At Gym Terrace</i>	BY ZUDA 07:30 HUSTLE <i>Playa Bar</i> 09:00 SCULPT <i>Gym</i>	BY ZUDA 07:30 HUSTLE <i>Playa Bar</i> 09:00 SCULPT <i>Gym</i>	BY ZUDA 07:30 HUSTLE <i>Playa Bar</i> 09:00 SCULPT <i>Gym</i>	07:30 BEACH BOOTCAMP <i>At Playa Bar</i>
14	15	16	17	18	19	20
07:30 MORNING BEACH YOGA <i>At Playa Bar</i>	07:30 BEACH HIIT <i>At Playa Bar</i>	16:30 SOUNDHEALING <i>Aozora</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>	09:30 HIIT TRAINING <i>At Playa Bar</i>
21	22	23	24	25	26	27
07:30 MORNING BEACH YOGA <i>At Playa Bar</i>	07:30 BEACH HIIT <i>At Playa Bar</i>	16:30 SOUNDHEALING <i>Aozora</i>	09:30 BOX <i>At Gym Terrace</i>			
28	29	30	31			