

NOBU HOTEL

LOS CABOS

20 / CA
26 / LEN
DAR



FIT BODIES

01

ZUMBA 26, 27

9:30 am

RESTORATIVE 28, 29

YOGA

9:30 am

ZUMBA 30, 31

11:00 am

BODY SCULPT 26, 27

- CORE

4:30 am

TAI - CHI 28, 29, 30, 31

4:30 pm

monday

tuesday

wednesday

thursday

friday

saturday

sunday

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

NOBU HOTEL
LOS CABOS



FIT BODIES

02

monday

tuesday

wednesday

thursday

friday

saturday

sunday

1

2

3

4

5

6

7

8

POWER YOGA
9:30 am

2, 3, 4, 5

9

10

11

12

13

14

15

POWER YOGA
11:00 am

6

16

17

18

19

20

21

22

RESTORATIVE
YOGA
11:00 am

7

23

24

25

26

27

28

YOGA
SCULPT
4:30 pm

2, 3, 4, 5, 6, 7

NOBU HOTEL
LOS CABOS



FIT BODIES

03

monday

tuesday

wednesday

thursday

friday

saturday

sunday

1

2

3

4

5

6

7

8

CHAIR YOGA 16, 17

9:30 am

9

10

11

12

13

14

15

BREATH WORK 18, 19

9:30 am

16

17

18

19

20

21

22

BREATH WORK 20, 21

11:00 am

23

24

25

26

27

28

29

RESTORATIVE 16, 17, 20, 21

YOGA

4:30 pm

30

31

MEDITATION 18, 19

4:30 pm

NOBU HOTEL
LOS CABOS



FIT BODIES

04

monday

tuesday

wednesday

thursday

friday

saturday

sunday

VINYASA FLOW
9:30 am

13, 15

1 2 3 4 5
6 7 8 9 10 11 12

STRENGTH
INTERVALS
9:30 am

15

13 14 15 16 17 18 19

VINYASA FLOW
11:00 am

17

20 21 22 23 24 25 26

STRENGTH
INTERVALS
11:00 am

18

27 28 29 30

YOGA SCULPT
4:30 pm

13, 16, 17

HIIT
4:30 pm

14, 15, 18

NOBU HOTEL
LOS CABOS



FIT BODIES

05

monday

tuesday

wednesday

thursday

friday

saturday

sunday

1

2

3

4

5

6

7

8

9

10

BOOT CAMP

4, 5

9:30 am

11

12

13

14

15

16

17

ZUMBA

6, 7

9:30 am

18

19

20

21

22

23

24

ZUMBA

8, 9

11:00 am

25

26

27

28

29

30

31

PICKLEBALL

4, 5, 6, 7, 8, 9

4:30 pm

NOBU HOTEL
LOS CABOS



FIT BODIES

06

POWER YOGA 29
9:30 am

SLOW FLOW 30
9:30 am

VINYASA YOGA 29
4:30 pm

BREATHWORK 30
4:30 pm

monday	tuesday	wednesday	thursday	friday	saturday	sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOBU HOTEL
LOS CABOS

