Willow Stream Spa at Fairmont Mayakoba

Clases Deportivas / Fitness Classes

Hora / Time	Lunes 14 Monday	Martes 15 Tuesday	Miercoles 16 Wednesday	Jueves 17 Thursday	Viernes 18 Friday	Sabado 19 Saturday	Domingo 20 Sunday
7:00 AM	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes
8:00 AM	**($10 usd per person) Pilates**	**($10 usd per person) Zumba**	**($10 usd per person) Circuits Fitness Class**	**($10 usd per person) Zumba**	**($10 usd per person) Pilates**	**($10 usd per person) Pilates**	**($10 usd per person) Circuits Fitness Class**
9:00 AM	**($10 usd per person) Yoga Mix**	**($10 usd per person) Vinyasa Yoga**	**($10 usd per person) Vinyasa Yoga Fitness Class**	**($10 usd per person) Vinyasa Yoga Fitness Class**	**($10 usd per person) Yoga Mix**	**($10 usd per person) Vinyasa Yoga Fitness Class**	**($10 usd per person) Vinyasa Yoga Fitness Class**
10:00 AM	Step	Stretching	Fitball	Stretching	Salsa Basic	Step	Yogalates
3:00 PM	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes
4:00 PM	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	**($10 usd per person) Circuits Fitness Class**	**($10 usd per person) Ball Pilates Fitness Class**	**($10 usd per person) Circuits Fitness Class**	Available Personal Training and Private Fitness Classes
5:00 PM	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	**($10 usd per person) Vinyasa Yoga Fitness Class**	**($10 usd per person) Vinyasa Yoga Fitness Class**	**($10 usd per person) Vinyasa Yoga Fitness Class**	Available Personal Training and Private Fitness Classes
6:00 PM	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Available Personal Training and Private Fitness Classes	Fitball	Stretching	Yogalates	Available Personal Training and Private Fitness Classes

Available Private Clases/Clases Privadas

Kinesis
Yoga
Pilates
Fitball
Yogalates
Step
Cardio Samba
Salsa Basic
Yoga Mix
Zumba
Latin dance
Personal training

Las clases en la playa son frente el Restaurante Las Brisas
Las clases privadas son en el estudio del Gimnasio.
Las clases que especifican un costo de $10usd son independientes al cargo del acceso del gimnasio

Beach classes takes place in front of las Brisas Restaurant
Private classes at Movement Studio at the Fitness Center.
The specified fitness classes with a cost of $10usd will be above the fitness access fee