



# Wellness Schedule



**Tuesday April 4th to Sunday April 9th 2023**

Tuesday			
Time	Class	Price	Location
7:30	Ball Pilates	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Using a ball you will increase your body balance			
9:00	Yoga for all	\$35USD	Bamboo
PASOVER OASIS COMPLEMENTARY			
Relax and let go the tension hidden in the main muscles of your body.			
10:00	Kinesis	\$79usd	Gym
Functional workout session with an special pulleys device.			

Wednesday			
Time	Class	Price	Location
7:30	Yoga begineers	\$35USD	Bamboo
PASOVER OASIS COMPLEMENTARY			
Beautiful meditation in movement. Options for all Fitness levels.			
9:00	Water Exercise	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Fun aquatic training using the water resistance to gain strenght and power.			
10:15	Personal training	\$79usd	Gym
Enjoy the work-out of your preference			

Thursday			
Time	Class	Price	Location
7:30	Stretching	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Walk at your own pace while you go through the Mayakoba roads			
9:00	Yoga Fit	\$35USD	Bamboo
PASOVER OASIS COMPLEMENTARY			
Yoga sculpt to help you build lean muscle and sculpt a beautiful figure while balancing body and mind			
10:15	Kinesis	\$79usd	Gym
Functional workout session with an special pulleys device.			

Friday			
Time	Class	Price	Location
7:30	Core Flow	\$35USD	Bamboo
PASOVER OASIS COMPLEMENTARY			
Combination of Pilates and Yoga. Besides relaxing, it Fun aquatic training using the water resistance to			
9:00	Water Exercise	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Fun aquatic training using the water resistance to			
10:15	Yoga for All	\$35USD	Gym
PASOVER OASIS COMPLEMENTARY			
Beautiful meditation in movement. Options for all			

Saturday			
Time	Class	Price	Location
7:30	Vinyasa Yoga	\$35USD	Isla lawn
PASOVER OASIS COMPLEMENTARY			
Beautiful meditation in movement. Options for all Fitness levels.			
9:00	Stretching	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Relax and let go the tension hidden in the main muscles of your body.			
10:00	Personal training	\$79usd	Gym
PASOVER OASIS COMPLEMENTARY			
Enjoy the work-out of your preference			

Sunday			
Time	Class	Price	Location
7:30	Kinesis	\$79usd	Gym
PASOVER OASIS COMPLEMENTARY			
Functional workout session with an special pulleys device.			
9:00	Ball Pilates	Comp	Bamboo
PASOVER OASIS COMPLEMENTARY			
Using a ball you will increase your body balance			
10:15	Vinyasa Yoga	\$79usd	Gym
PASOVER OASIS COMPLEMENTARY			
Beautiful meditation in movement. Options for all Fitness levels.			



Regular wellness classes have a lenght of 45 min. and a cost of \$35USD (Current exchange rate according to the hotel on the day of the class) per person, tax included.

Please notify your instructor if you have any injuries, special requirements or if you are pregnant.

\*Limited capacity: 10 Guests per class.

Las clases regulares wellness tienen una duración de 45 min y generan un cargo de \$35USD (Tipo de cambio del día acorde al hotel día de la clase) por persona. Incluye impuestos.

Sea tan amable de informar a su instructor si tiene alguna lesión, requerimiento especial y/o embarazo.  
\*Capacidad máxima: 8 huéspedes por clase.

**RESERVATION REQUIRED. / RESERVACIÓN NECESARIA**  
Cupo limitado / Clases subject to availability  
Horario sujeto a condiciones climáticas / Schedule subject to weather conditions.

Ext: 560



FAIRMONT SPA

# Wellness Schedule



## Monday April 10th to Saturday April 15th

### Monday

Time	Class	Price	Location
7:30	Stretching PASOVER OASIS COMPLEMENTARY	Comp	Bamboo
Breathing exercises with stretching and gentle movements for physical and mental rest			
9:00	Core Flow	\$35 USD	Bamboo
Combination of Pilates and Yoga. Besides relaxing, it strenghtens core and balance.			
10:15	Personal training	\$79 USD	Gym

Enjoy the work-out of your preference

### Tuesday

Time	Class	Price	Location
7:30	Ball Pilates PASOVER OASIS COMPLEMENTARY	Comp	Bamboo
Using a ball you will increase your body balanceand core strenght			
9:00	Yoga for all	\$35 USD	Bamboo
Beautiful meditation in movement. Options for all Fitness levels.			
10:00	Kinesis	\$79 USD	Gym

Functional workout session with an special pulleys device.

### Wednesday

Time	Class	Price	Location
7:30	Latin Dance	\$35 USD	Bamboo
Latin musical mix to workout at the same time you have fun dancing			
9:00	Water Exercise PASOVER OASIS COMPLEMENTARY	Comp	Bamboo
Fun aquatic training using the water resistance to gain strenght and power.			
10:15	Personal training	\$79 USD	Gym

Enjoy the work-out of your preference

### Thursday

Time	Class	Price	Location
7:30	Stretching PASOVER OASIS COMPLEMENTARY	Comp	Bamboo
Breathing exercises with stretching and gentle movements for physical and mental rest.			
9:00	Yoga for all	\$35 USD	Bamboo
Beautiful meditation in movement. Options for all Fitness levels.			
10:15	Kinesis	\$79 USD	Gym

Functional workout session with an special pulleys device.

### Friday

Time	Class	Price	Location
7:30	Pilates	\$35 USD	Bamboo
Resistance movements with body weight for abdominal strengthenig			
9:00	Aqua yoga PASOVER OASIS COMPLEMENTARY	comp	Bamboo
Relax with yoga poses helped by water buoyancy			
10:00	Kinesis	\$79 USD	Gym

Functional workout session with an special pulleys device.

### Saturday

Time	Class	Price	Location
7:30	Boot camp PASOVER OASIS COMPLEMENTARY	Comp	Bamboo
Functional workout based in military traininng.options for all fitness levels			
9:00	Core Flow	\$35 USD	Bamboo
Combination of Pilates and Yoga. Besides relaxing, it strenghtens core and balance.			
10:15	Personal training	\$79 USD	Gym

Enjoy the work-out of your preference



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Please notify your instructor if you have any injuries, special requirements or if you are pregnant.

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Sea tan amable de informar a su instructor si tiene alguna lesión, requerimiento especial y/o embarazo.

\*Capacidad máxima: 8 huéspedes por clase.

#### RESERVATION REQUIRED / RESERVACIÓN NECESARIA

Cupo limitado / Classes subject to availability

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Ext: 560