



HOTEL MOUSAI

# Activities Program

Sports & Activities Weekly Program



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

08:00

Kayak & Snorkeling Los Arcos  
*Meeting Point - at the beach*  
**Experience Recommended**  
2.5 Hrs. Age / Edad 12+  
*Reservation Required*

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08:50

Kundalini Yoga Class  
*At the Beach*  
*Meeting Point - At the beach*

Tai Chi Class  
*At the Beach*  
*Meeting Point - At the beach*

Hatha Yoga (Sivananda)  
*At the Beach*  
*Meeting Point - At the beach*

08:50

Cárdio Box  
*Meeting Point - Lobby GB*

Jogging among the nature  
*Meeting Point - Lobby GB*

Streched & Unstressed  
*Meeting Point - Lobby GB*

10:10

**Excursion a la CASCADA**  
*Hike to the WATERFALL*  
**INTERMEDIATE 2 Hrs.**  
*Meeting Point - Lobby Mousai*

Senderismo **AVANZADO**  
*Hiking ADVANCED 2.5 Hrs.*  
*Mountain, Waterfall & River*  
*Meeting Point - Lobby Mousai*

Senderismo **TREKKING**  
**TREKKING Hike 2 Hrs.**  
*Mountain INTERMEDIATE*  
*Meeting Point - Lobby Mousai*

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*Hike to the WATERFALL*  
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**Excursion a la CASCADA**  
*Hike to the WATERFALL*  
**INTERMEDIATE 2 Hrs.**  
*Meeting Point - Lobby Mousai*

11:00

Clínicas de Paddle Board  
*Paddle Board Clinics*  
*Know How Swim Mandatory*  
45 Mins. Age / Edad +12  
*At the Beach*

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12:00

\* Catch of the day  
Pesca del día  
*At The Beach*

14:00

Bocce Ball  
*Meeting Point - Lobby GB*

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*Meeting Point - Lobby GB*

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*Meeting Point - Lobby GB*

16:00

\* Wine Tasting  
*Reservation Required*  
*Meeting Point - BocaDos STK*  
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*Reservation Required*

\* Tequila Tasting  
*Reservation Required*  
*At the Blanca Blue Restaurant*  
*Reservation Required 16:30 hrs.*

16:00

Squash  
*Meeting Point - Lobby GB*

Horseshoes Game  
*Juego de Herraduras*  
*Meeting Point - Lobby GB*

Basketball  
*Meeting Point - Lobby GB*

Squash  
*Meeting Point - Lobby GB*

Horseshoes Game  
*Juego de Herraduras*  
*Meeting Point - Lobby GB*

Basketball  
*Meeting Point - Lobby GB*

Squash  
*Meeting Point - Lobby GB*

\*These activities have a fee, reservations are required. Ext.5604, 5608, 5609