



HOTEL MOUSAI

Activities Program

Sports & Activities Weekly Program



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required	Kayak & Snorkeling Los Arcos <i>Meeting Point - at the beach</i> Experience Recommended 2.5 Hrs. Age / Edad 12+ Reservation Required
08:50	Kundalini Yoga Class <i>Meeting Point - At the beach</i>		Tai Chi Class <i>Meeting Point - At the beach</i>		Hatha Yoga (Sivananda) <i>Meeting Point - At the beach</i>		
09:00		Cárdio Box <i>Meeting Point - Lobby Garza</i>		Jogging among the nature <i>Meeting Point - Lobby GB</i>		Stretched & Unstressed <i>At the Beach</i>	
10:10	Senderismo AVANZADO <i>Hiking ADVANCED 2.5 Hrs.</i> Mountain, Waterfall & River <i>Meeting Point - Lobby Mousai</i>	Senderismo INTERMEDIO <i>INTERMEDIATE Hike</i> INTERMEDIATE RIVER 2 Hrs. <i>Meeting Point - Lobby Mousai</i>	Senderismo TREKKING <i>TREKKING Hike 2 Hrs.</i> INTERMEDIATE RIVER <i>Meeting Point - Lobby Mousai</i>	Excursion a LA CASCADA <i>Hike to the WATERFALL</i> INTERMEDIATE / 2 Hrs <i>Meeting Point - Lobby Mousai</i>	Senderismo AVANZADO <i>Hiking ADVANCED 2.5 Hrs.</i> Mountain, Waterfall & River <i>Meeting Point - Lobby Mousai</i>	Senderismo INTERMEDIO <i>INTERMEDIATE Hike</i> INTERMEDIATE RIVER 2 Hrs. <i>Meeting Point - Lobby Mousai</i>	Senderismo TREKKING <i>TREKKING Hike 2 Hrs.</i> INTERMEDIATE RIVER <i>Meeting Point - Lobby Mousai</i>
11:00		Paddle Board Clinics Clínicas De Paddle Board Swimming experience required Age / Edad 12+		Paddle Board Clinics Clínicas De Paddle Board Swimming experience required Age / Edad 12+		Paddle Board Clinics Clínicas De Paddle Board Swimming experience required Age / Edad 12+	
12:00					* Catch of the day Pesca del día <i>By the beach</i>		
16:00	Basketball <i>Meeting Point - Lobby GB</i>	Bocce Ball <i>Meeting Point - Lobby GB</i>	Squash <i>Meeting Point - Lobby GB</i>	Horseshoes Game <i>Juego de Herraduras</i> <i>Meeting Point - Lobby GB</i>	Bocce Ball <i>Meeting Point - Lobby GB</i>	Horseshoes Game <i>Juego de Herraduras</i> <i>Meeting Point - Lobby GB</i>	Basketball <i>Meeting Point - Lobby GB</i>
16:00		* Wine Tasting <i>Reservation Required</i> <i>Meeting Point - BocaDos STK</i> <i>Reservation Required</i>		* WineTasting <i>Reservation Required</i> <i>Meeting Point - BocaDos STK</i> <i>Reservation Required</i>	* Tequila Tasting <i>Reservation Required</i> <i>At the Blanca Blue Restaurant</i> 16:30 Hrs.		
17:00		Members Cocktail <i>Cocktail para Socios</i>					

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

Las actividades están sujetas a cambios sin previo aviso de acuerdo a las condiciones climáticas. / *The Activities are subject to change without prior notice according to weather conditions.*