



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*

10:10

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

Senderismo **INTERMEDIO**  
*Hiking INTERMEDIATE*  
*Mountain 2 Hrs.*  
*Meeting Point - Lobby Mousai*

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

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11:00

Cínicas 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*

16:00

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

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16:00

Squash  
*Meeting Point - Lobby GB*

Bocce Ball  
*Meeting Point - Lobby GB*

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

Basketball  
*Meeting Point - Lobby GB*

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

Bocce Ball  
*Meeting Point - Lobby GB*

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

16:30

\* Tequila Tasting  
*Reservation Required*  
*Meeting Point - Blanca Blue*  
*Reservation Required*

19:00

\* Pool Grill Service  
*By the Beach Pool*  
**19:00 - 22:00**

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