



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*

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

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

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

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

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

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

09:00

Kundalini Yoga Class  
*By Prócoro Hernández*  
*Meeting Point - At the beach*  
**WELLNESS 2020**

Yin – Yang Yoga  
*By Paola Contreras*  
*Meeting Point - Orange Deck*  
**WELLNESS 2020**

Tai Chi Class  
*By Prócoro Hernández*  
*Meeting Point - At the beach*  
**WELLNESS 2020**

Vinyāsa Yoga  
*By Paola Contreras*  
*Meeting Point - Orange Deck*  
**WELLNESS 2020**

Hatha Yoga (Sivananda)  
*By Prócoro Hernández*  
*Meeting Point - At the beach*  
**WELLNESS 2020**

Therapeutic Yoga  
*By Paola Contreras*  
*Meeting Point - Orange Deck*  
**WELLNESS 2020**

10:00

Jogging among the nature  
*By José Luis Palomera*  
*Meeting Point - Lobby GB*  
**WELLNESS 2020**

Cárdio Box  
*By José Luis Palomera*  
*Meeting Point - Tennis Court*  
**WELLNESS 2020**

SUP Yoga Bliss  
*By Bonnie Ringer*  
*Meeting Point - Beach Pool*  
**WELLNESS 2020**

SUP Yoga Bliss  
*By Bonnie Ringer*  
*Meeting Point - Beach Pool*  
**WELLNESS 2020**

SUP Yoga Bliss  
*By Bonnie Ringer*  
*Meeting Point - Beach Pool*  
**WELLNESS 2020**

Stretched & Unstressed  
*By José Luis Palomera*  
*Meeting Point - At the Beach*  
**WELLNESS 2020**

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*

**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*

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

11:00

Janzzu Class  
*By Gemma Yerena*  
*At the Panoramic Pool*  
**WELLNESS 2020**

Janzzu Class  
*By Gemma Yerena*  
*At the Panoramic Pool*  
**WELLNESS 2020**

\* Catch of the day  
Pesca del día  
*At The Beach*  
**12:00 Hrs.**

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

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

14:00

Bocce Ball  
*Meeting Point - Lobby GB*

Natural Juice  
*By Cell Medicen Org.*  
*At the Terrace*  
**WELLNESS 2020**

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

Natural Juice  
*By Cell Medicen Org.*  
*At the Terrace*  
**WELLNESS 2020**

Organic Garden  
*By Diveana Ortega*  
*At Nursery (Vivero)*  
**WELLNESS 2020**

Bocce Ball  
*Meeting Point - Lobby GB*

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

16:00

Aromatherapy  
*By Luis Campos*  
*At the Red Room*  
**WELLNESS 2020**

Tibetan Singing Bowl Concert  
*By Iorch Quetzal*  
*At the Red Room*  
**WELLNESS 2020**

Meditation Session  
*By Victor Rodríguez*  
*At the Red Room*  
**WELLNESS 2020**

16:00

Basketball  
*Meeting Point - Lobby GB*

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

Squash  
*Meeting Point - Lobby GB*

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

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

Basketball  
*Meeting Point - Lobby GB*

Squash  
*Meeting Point - Lobby GB*

17:00

Cacao Ceremony  
*By Iorch Quetzal*  
*At the Red Room*  
**WELLNESS 2020**

\* Thanksgiving Dinner  
NFL Transmission  
*Meeting Point - At the beach*  
*Reservation Required* **19:00 hrs.**

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