



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

09:00

Cárdio Box
Meeting Point - Lobby GB

Jogging among the nature
Meeting Point - Lobby GB

Stretched & 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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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

Bocce Ball
Meeting Point - Lobby GB

Horseshoes Game
Juego de Herraduras
Meeting Point - Lobby GB

Bocce Ball
Meeting Point - Lobby GB

16:00

Basketball
Meeting Point - Lobby GB

Horseshoes Game
Juego de Herraduras
Meeting Point - Lobby GB

Squash
Meeting Point - Lobby GB

Basketball
Meeting Point - Lobby GB

Squash
Meeting Point - Lobby GB

Basketball
Meeting Point - Lobby GB

16:00

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

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

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

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