

23

## **Activities Program** Programa de Actividades







| Ð     | LUNES 03   | MARTES 04  | MIÉRCOLES 05   | JUEVES 06  | VIERNES 07   | SABADO 08  | DOMINGO 09   |
|-------|--|--|--|--|--|--|--|
| 08:00 | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br>Meeting Point - at beach<br>Experience Required<br>2.5 Hrs. Age / Edad 12+<br>Reservation Required |
| 08:00 | Sunrise Meditation<br>At Forum of TierraLuna<br>Wellness 2024  |  | Sound Meditation Healing<br>At Forum of TierraLuna<br>Wellness 2024  |  |  |  | Bodyweight Sculp<br>By Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024   |
| 09:00 | Kundalini Yoga<br>By the Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024   | Zumba   Dance Fit<br>By Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024  | Tai Chi Class<br>By the Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024  | Cardio Workout<br>By Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024   | Hatha Yoga (Sivananda)<br>By Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024   | Zumba   Dance Fit<br>By Natural Pools<br>At TierraLuna Gardens<br>Wellness 2024  |  |
| 10:10 | Senderismo ARCOS<br>ARCOS Hike 2.5 Hrs.<br>Mountain & TierraLuna<br>Meeting Point - North Mousai                                   | Senderismo INTERMEDIO<br>INTERMEDIATE Hike<br>2 Hrs. Mountain<br>Meeting Point - North Mousai                                      | Botanical Garden Tour<br>Tour Jardín Botánico<br>At TierraLuna Gardens<br>Meeting Point at the Trolley Stop                        | Senderismo <b>ARCOS</b><br><b>ARCOS</b> Hike <b>2.5 Hrs.</b><br>Mountain & TierraLuna<br>Meeting Point - North Mousai              | Senderismo INTERMEDIO<br>INTERMEDIATE Hike<br>2 Hrs. Mountain<br>Meeting Point - North Mousai                                      | Botanical Garden Tour<br>Tour Jardín Botánico<br>At TierraLuna Gardens<br>Meeting Point at the Trolley Stop                        | Senderismo INTERMEDIO<br>INTERMEDIATE Hike<br>2 Hrs. Mountain<br>Meeting Point - North Mousai                                      |
| 11:30 | Power Water Aerobics<br>Ejercicios Acuáticos<br>At Panoramic pool<br>Wellness 2024   |  | Power Water Aerobics<br>Ejercicios Acuáticos<br>At Panoramic pool<br>Wellness 2024   | * Catch of the Day<br>Pesca del día<br>By Beach pool<br>From 12:00 to 15:00 hrs.   | Paddle Board Yoga<br>SUP Yoga<br>At Beach pool<br>Wellness 2024  | * Catch of the Day<br>Pesca del día<br>By Beach pool<br>From 12:00 to 15:00 hrs.   |  |
| 12:00 |  | Salsa Dance Lessons<br>By Canú Restaurant<br>At TierraLuna Gardens<br>Meeting Point - At the Trolley Stop                          |  | Salsa Dance Lessons<br>By Canú Restaurant<br>At TierraLuna Gardens<br>Meeting Point - At the Trolley Stop                          |  | Salsa Dance Lessons<br>By Canú Restaurant<br>At TierraLuna Gardens<br>Meeting Point - At the Trolley Stop                          | )  |
| 13:00 | Spa Imagine Hour<br>Complimentary<br>Chair Massages<br>By Beach pool   |  | Anyone can cook<br>Ceviche<br>By Beach pool<br>Wellness 2024   | Skin Care Event<br>By Natural Bisse<br>At Red Room<br>Wellness 2024  | Spa Imagine Hour<br>Complimentary<br>Chair Massages<br>By Beach pool   |  |  |
| 15:30 | Live Flute Music<br>Música de Flauta en vivo<br>At Mousai´s South Rooftop  | Live Sax Music<br>Música de Sax en vivo<br>At Mousai's North Rooftop   | Live Piano Music<br>Música de Piano en vivo<br>At Mousai´s South Rooftop   | <b>DJ Music</b><br><b>Música DJ</b><br>At Mousai´s South Rooftop   |  | * Tequila Tasting<br>Degustación de Tequila<br>"Tequila Clase Azul"<br>Previous Reservation Required<br>At 16:00 Hrs.              |  |
| 17:00 | Martini Sessions<br>5 Star & Residence Member<br>At Mousai's South Rooftop   | Members Cocktail Party<br>Cocktail para Members<br>At TierraLuna Gardens<br>At Canú Restaurant                                     |  | <b>Residence Members</b><br><b>Mixology Class</b><br>Clase de Mixología<br>At Karuma Restaurant                                    | Yoga New Moon<br>Gemini<br>At Forum of TierraLuna<br>Wellness 2024   | At 10.00 m/s.  |  |
| 22:00 |  |  | Dj Music<br><i>Música Dj</i><br>At Mousai´s South Rooftop<br><b>From 21:30 to 23:30 hrs.</b>                                       | Sunset Live<br>Live Jazz Music<br>By Karuma Restaurant<br><b>At 19:00 hrs.</b>   | Grand Finale<br>Live Latin Music<br>Música Latina<br>At Mousai´s South Rooftop   | Latin Live Music<br>Noche Latina<br>At Mousai´s South Rooftop  | Dj Music<br>Música Dj<br>At Mousai´s South Rooftop<br><b>From 21:30 to 23:30 hrs.</b>  |

The activities are subject to change without prior notice according to weather conditions. / Las actividades están sujetas a cambios sin previo aviso de acuerdo a las condiciones climáticas. \*These activities have a fee & reservations are required. Ext. 6200 & 7213 / \*Actividades con costo, reservación requerida. Ext. 6200 & 7213