



# Activities Program

## Programa de Actividades



|       | MONDAY<br>LUNES 17   | TUESDAY<br>MARTES 18   | WEDNESDAY<br>MIÉRCOLES 19  | THURSDAY<br>JUEVES 20  | FRIDAY<br>VIERNES 21  | SATURDAY<br>SÁBADO 22  | SUNDAY<br>DOMINGO 23   |
|-------|--|--|--|--|---|--|--|
| 08:00 | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required  | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required | Kayak & Snorkeling Los Arcos<br><i>Meeting Point - at beach</i><br><b>Experience Required</b><br>2.5 Hrs. Age / Edad 12+<br>Reservation Required |
| 08:00 | <b>Sunrise Meditation</b><br><i>At Forum of TierraLuna</i><br><b>Wellness 2024</b>   |  | <b>Sound Meditation Healing</b><br><i>At Forum of TierraLuna</i><br><b>Wellness 2024</b>   |  |   |  | <b>Cardio &amp; Strength Workout</b><br><i>By Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                          |
| 09:00 | <b>Kundalini Yoga</b><br><i>By the Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                     | <b>Zumba   Dance Fit</b><br><i>By Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                      | <b>Tai Chi Class</b><br><i>By the Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                      | <b>Cardio Workout</b><br><i>By Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>   | <b>Hatha Yoga (Sivananda)</b><br><i>By Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                  | <b>Stretching Class</b><br><i>By Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                       | <b>Full Moon Yoga</b><br><i>At Forum of TierraLuna</i><br><b>Wellness 2024</b>   |
| 10:10 | Senderismo <b>ARCOS</b><br><b>ARCOS Hike 2.5 Hrs.</b><br><i>Mountain &amp; TierraLuna</i><br><i>Meeting Point - North Mousai</i>                 | Senderismo <b>INTERMEDIO</b><br><b>INTERMEDIATE Hike</b><br><b>2 Hrs.</b> <i>Mountain</i><br><i>Meeting Point - North Mousai</i>                 | <b>Botanical Garden Tour</b><br><i>Tour Jardín Botánico</i><br><i>At TierraLuna Gardens</i><br><i>Meeting Point at the Trolley Stop</i>          | Senderismo <b>ARCOS</b><br><b>ARCOS Hike 2.5 Hrs.</b><br><i>Mountain &amp; TierraLuna</i><br><i>Meeting Point - North Mousai</i>                 | Senderismo <b>INTERMEDIO</b><br><b>INTERMEDIATE Hike</b><br><b>2 Hrs.</b> <i>Mountain</i><br><i>Meeting Point - North Mousai</i>                  | <b>Botanical Garden Tour</b><br><i>Tour Jardín Botánico</i><br><i>At TierraLuna Gardens</i><br><i>Meeting Point at the Trolley Stop</i>          | Senderismo <b>INTERMEDIO</b><br><b>INTERMEDIATE Hike</b><br><b>2 Hrs.</b> <i>Mountain</i><br><i>Meeting Point - North Mousai</i>                 |
| 11:30 | <b>Power Water Aerobics</b><br><i>Ejercicios Acuáticos</i><br><i>At Panoramic pool</i><br><b>Wellness 2024</b>                                   | <b>Power Water Aerobics</b><br><i>Ejercicios Acuáticos</i><br><i>At Panoramic pool</i><br><b>Wellness 2024</b>                                   |  | <b>Paddle Board Yoga</b><br><i>SUP Yoga</i><br><i>At Beach pool</i><br><b>Wellness 2024</b>  |   |  |  |
| 12:00 | Salsa Dance Lessons<br><i>By Canú Restaurant</i><br><i>At TierraLuna Gardens</i><br><i>Meeting Point - At the Trolley Stop</i>                   |  | * Catch of the Day<br>Pesca del día<br><i>By Beach pool</i><br><b>From 12:00 to 15:00 hrs.</b>   |  |   | * Catch of the Day<br>Pesca del día<br><i>By Beach pool</i><br><b>From 12:00 to 15:00 hrs.</b>   |  |
| 13:00 | <b>Spa Imagine Hour</b><br><i>Complimentary</i><br><i>Chair Massages</i><br><i>By Beach pool</i>   | <b>Artisanal Cooking Class</b><br><i>By Beach pool</i><br><b>Wellness 2024</b>   |  | <b>Skin Care Event</b><br><i>By Natura Bisse</i><br><i>At Red Room</i><br><b>Wellness 2024</b>   | <b>Spa Imagine Hour</b><br><i>Complimentary</i><br><i>Chair Massages</i><br><i>By Beach pool</i>  |  |  |
| 15:30 | <b>Live Flute Music</b><br><i>Música de Flauta en vivo</i><br><i>At Mousai's North Rooftop</i>   | <b>DJ Music</b><br><b>Música DJ</b><br><i>At Mousai's South Rooftop</i>  |  |  | * Tequila Tasting<br><i>Degustación de Tequila</i><br><i>"Tequila Clase Azul"</i><br><i>Previous Reservation Required</i><br><b>At 16:00 Hrs.</b> |  | <b>DJ Music</b><br><i>Música DJ</i><br><i>At Beach pool</i><br><b>At 16:00 Hrs.</b>  |
| 17:00 | <b>Tiki Cocktail</b><br><i>5 Star &amp; Residence Member</i><br><i>At Mousai's South Rooftop</i>   | <b>Wellness Fair &amp; Members Cocktail Party</b><br><i>By Canú Restaurant</i><br><i>At TierraLuna Gardens</i>                                   |  | <b>Residence Members</b><br><b>Cocoa Tasting</b><br><i>Degustación de Cacao</i><br><i>At Karuma Restaurant</i>                                   |   |  | <b>Art. Therapy</b><br><i>By the Natural Pools</i><br><i>At TierraLuna Gardens</i><br><b>Wellness 2024</b>                                       |
| 22:00 | Dj Music<br><i>Música Dj</i><br><i>At Mousai's South Rooftop</i><br><b>From 21:30 to 23:30 hrs.</b>  |  | Grand Finale<br><i>Live Latin Music</i><br><i>Música Latina</i><br><i>At Mousai's South Rooftop</i>  |  |   | Latin Live Music<br><i>Noche Latina</i><br><i>At Mousai's South Rooftop</i>  |  |

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