



# Activities Program

## Programa de Actividades



TIERRALUNA  
VILLAGE



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