



HOTEL MOUSAI

Activities Program

Sports & Activities Weekly Program



MONDAY 04

TUESDAY 05

WEDNESDAY 06

THURSDAY 07

FRIDAY 08

SATURDAY 09

SUNDAY 10

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
Meeting Point - At the beach

Tai Chi Class
Meeting Point - At the beach

Hatha Yoga (Sivananda)
Meeting Point - At the beach

09:00

Cárdio Box
Meeting Point - Lobby Garza

Jogging among the nature
Meeting Point - Lobby GB

Streched & Unstressed
At the Beach

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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12:00

EPIPHANY'S DAY
Tradicional Rosca de Reyes
At the Lobby GB

* Catch of the day
Pesca del día
By the beach

16:00

Basketball
Meeting Point - Lobby GB

Bocce Ball
Meeting Point - Lobby GB

Squash
Meeting Point - Lobby GB

Horseshoes Game
Juego de Herraduras
Meeting Point - Lobby GB

Bocce Ball
Meeting Point - Lobby GB

Horseshoes Game
Juego de Herraduras
Meeting Point - Lobby GB

Basketball
Meeting Point - Lobby GB

16:00

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

* WineTasting
Reservation Required
Meeting Point - BocaDos STK
Reservation Required

16:30

* Tequila Tasting
Reservation Required
At the Blanca Blue Restaurant

17:00

Members Cocktail
Cocktail para Socios



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