September 2026

DRIFTWOOD SPA
Dial 8668
Hours: 10AM-5PM, Tuesday-Saturday

SEASONS RESTAURANT
Dial 8677
Hours: Open Daily, 7AM-9PM
Brunch: Saturday and Sunday, 10AM-2PM
Happy Hour: Daily, 2PM-5PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **9 AM-9:30 AM** *Owner Exclusive* Coffee & Croissants **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga*	2 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	3 **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **5 PM-6 PM** *Owner Exclusive* Sips at Seasons	4 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* **3 PM-4 PM** Private Wellness Session* **4:30 PM** Wine & Cheese Pairing Class* **5 PM-8 PM** Live music at Seasons	5 **10 AM-11 AM** Vinyasa Yoga* **3:30 PM-4:30 PM** Ice Cream cart at Palmera Garden **5 PM-6 PM** Crafty Hour at Aviara's Kids Club **7 PM-8 PM** S'mores at Palmera Firepit
6 **10 AM-11 AM** Private Wellness Session* **11 AM-2 PM** Live music at Seasons **12 PM-2 PM** Bracelet Making at Aviara Kids Club **2:30 PM-3:30 PM** Ice Cream Cart at Palmera Pool	7 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* Labor Day	8 **9 AM-9:30 AM** *Owner Exclusive* Coffee & Croissants **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **2 PM-4 PM** Pickleball Free Play **4:30 PM** Bingo at Summits Clubhouse	9 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	10 **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **5 PM-6 PM** *Owner Exclusive* Sips at Seasons	11 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* **3 PM-4 PM** Private Wellness Session* **6 PM-8 PM** Magic & Martinis	12 **10 AM-11 AM** Vinyasa Yoga* **5 PM-6 PM** Create Your Own Mini Succulent Pot at Palmera Garden **7 PM-8 PM** S'mores at Palmera Firepit
13 **10 AM-11 AM** Private Wellness Session* **11 AM-2 PM** Live music at Seasons **12 PM-2 PM** Bracelet Making at Aviara Kids Club **2 PM-4 PM** Seashell Art at Palmera Garden	14 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	15 **9 AM-9:30 AM** *Owner Exclusive* Coffee & Croissants **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga*	16 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* **11 AM-12 PM** Club Connect **5:30 PM-8 PM** Midweek Mahjong Social*	17 **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **5 PM-6 PM** *Owner Exclusive* Sips at Seasons	18 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* **3 PM-4 PM** Private Wellness Session* **4:30 PM** Wine & Cheese Pairing Class*	19 **10 AM-11 AM** Vinyasa Yoga* **5 PM-6 PM** Create Your Own Mini Succulent Pot at Palmera Garden **7 PM-8 PM** S'mores at Summits Firepit **6 PM-8:30 PM** The Garden Series Presents: *Pizza & Jazz**
San Diego Restaurant Week 20 **10 AM-11 AM** Private Wellness Session* **11 AM-12:30 PM** Beekeeping Class* **11 AM-2 PM** Live music at Seasons **12 PM-2 PM** Bracelet Making at Aviara Kids Club **2 PM-4 PM** Seashell Art at Palmera Garden	21 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	22 **9 AM-9:30 AM** *Owner Exclusive* Coffee & Croissants **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **2 PM-4 PM** Pickleball Free Play **4:30 PM** Bingo at Summits Clubhouse	23 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	24 **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga* **5 PM-6 PM** *Owner Exclusive* Sips at Seasons	25 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates* **3 PM-4 PM** Private Wellness Session* **6 PM-8:30 PM** The Garden Series Presents: *Comedy in the Garden**	26 **10 AM-11 AM** Vinyasa Yoga* **12 PM-2:30 PM** Gather & Bloom: *A Floral Design Workshop** **5 PM-6 PM** Create Your Own Mini Succulent Pot at Palmera Garden **7 PM-8 PM** S'mores at Palmera Firepit
27 **10 AM-11 AM** Private Wellness Session* **11 AM-2 PM** Live music at Seasons **12 PM-2 PM** Bracelet Making at Aviara Kids Club **2 PM-4 PM** Seashell Art at Palmera Garden	28 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*	29 **9 AM-9:30 AM** *Owner Exclusive* Coffee & Croissants **10 AM-11 AM** Mat Pilates* **12 PM-1 PM** Yoga Sculpt* **1 PM-2 PM** Restorative Yoga*	30 **9 AM-10 AM** Aqua Fitness* **10 AM-11 AM** Mat Pilates*			

*RESERVATIONS, PRICING, + CLASS DESCRIPTIONS

- Fitness Classes are complimentary (excluding Private Wellness Sessions)
- Please contact Driftwood Spa for information on Fitness Classes and to reserve your spot.
- Please contact the Front Desk for all other events or activity pricing and descriptions.
- Advance reservations are required for all classes and activities.
- Some classes require a minimum number of participants to ensure the class will be held.
- To avoid cancellation fees, please cancel no later than 8:30PM the night prior.