

# WEEKLY ACTIVITIES

## SUNDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Panoramic Hike
09:00	Aquaforza *
10:00	Sound Healing *
10:00	Aquarobics *
10:00	Adult Huichol Workshop *
11:00	Core Endurance *
13:00	Huichol Lecture
13:00	Stretching *
14:00	Mezcal Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Sea Turtle Release *



## MONDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Nature Walk
09:00	Aquaforza *
10:00	Reiki *
10:00	Aquarobics
10:00	Papalotl Kite Workshop *
11:00	Cardio Abs *
11:00	Dreamcatcher Workshop *
13:00	Meditation *
13:00	Spanish Class
14:00	Xocolatl Tasting
16:00	Tequila Blend *
17:00	Mezcal Night *
20:00	Cuban Live Music
20:00	Sea Turtle Release *



## TUESDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Panoramic Hike
09:00	Aquaforza *
10:00	Intro to Sound Bath
10:00	Aquarobics
10:00	Kids' Xocolatl Workshop *
11:00	Tabata Training *
13:00	Huichol Lecture
14:00	Mezcal Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Cuban Live Music
20:00	Sea Turtle Release *



## WEDNESDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Beach Walk
09:00	Aquaforza *
10:00	Sound Healing *
10:00	Aquarobics
10:00	Kids' Huichol Workshop *
11:00	HIIT *
13:00	Meditation *
13:00	Punta Mita History
14:00	Tequila Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Cuban Live Music
20:00	Sea Turtle Release *



## THURSDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Long Walk
09:00	Aquaforza *
10:00	Intro to Sound Bath
10:00	Aquarobics
11:00	Spinning *
11:00	Adult Xocolatl Workshop *
13:00	Spanish Class
13:00	Stretching *
14:00	Xocolatl Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Cuban Live Music
20:00	Sea Turtle Release *



## FRIDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Panoramic Hike
09:00	Aquaforza *
10:00	Sound Healing *
10:00	Aquarobics
11:00	Beach Boot Camp *
11:00	Kids' Xocolatl Workshop *
13:00	Stretching *
13:00	Huichol Lecture
14:00	Mezcal Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Cuban Live Music
20:00	Sea Turtle Release *



## SATURDAY

hrs	Activity
06:30	Coffee & Conchas *
08:00	Yoga *
08:45	Nature Walk
09:00	Aquaforza *
10:00	Reiki *
10:00	Aquarobics
11:00	Core Endurance *
11:00	Kids' Catrina Workshop *
13:00	Punta Mita History
13:00	Stretching *
14:00	Tequila Tasting
16:00	Tequila Blend *
19:30	Solo Guitarist
20:00	Cuban Live Music
20:00	Sea Turtle Release *



(\*) Charges apply; Reservations are required for all activities; Attendance is limited; Location confirmed with reservation.

For reservations: Contact our Concierge Team  
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