

WELL
NESS
month

Where *wellbeing* unfolds
in every moment

WELLNESS 2026



**ACTIVITIES &
WORKSHOPS**

Stay Fit Workshop & Class Wellness Dining
Yoga Spa Treatment

*This activities have an additional fee
Reservation necessary, please RSVP@SpaConcierge Ext. 511



MINDFULHABITS



SHARE YOUR EXPERIENCE
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 · JUNE	2 · JUNE	3 · JUNE	4 · JUNE	5 · JUNE	6 · JUNE	7 · JUNE
7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 pm Healthy Drink & Corner At Caprichos Restaurant
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Meco"	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Meco"	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Meco"		9:00 am Kayak & Snorkel Meetingpoint Motor Lobby
9:00 am Meetingpoint Motor Lobby		9:00 am Meetingpoint Motor Lobby		9:00 am Meetingpoint Motor Lobby		
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
11:00 am Healthy Refreshers At Main Pool by Zak Taller de Recetas Spa con Miel	11:00 am Healthy Refreshers At Main Pool by Zak Taller de Sinergias con Aceites Esenciales	11:00 am Healthy Refreshers At Main Pool by Zak Clases de Masaje by Village Spa	10:00 am Zumba Kids At the Kids Club Taller Auto Facial by NaturaBisse	11:00 am Healthy Refreshers At the Main Pool by Zak Taller de Exfoliantes Corporales by Pevonia	10:00 am Yoga Kids At the Kids Club	11:00 am Healthy Refreshers At Main Pool by Zak
11:00 am At Pergola Zamá	11:00 am At Pergola Zamá	11:00 am At Pergola Zamá	11:00 am At Pergola Zamá	11:00 am At Pergola Zamá	11:00 am Healthy Refreshers At Main Pool by Zak	
12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool
			13:00 pm HealthyCookingClass Chef Carlos Escudero At Davino Restaurant VDPI GBI MS			
2:00 pm PokeBowl Class At Davino Restaurant	13:00 pm HealthyCookingClass Chef Riaz A. At Davino Restaurant VDPI GBI MS	2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

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- Stay Fit
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- Global Wellness Day

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8 · JUNE	9 · JUNE	10 · JUNE	11 · JUNE	12 · JUNE	13 · JUNE	14 · JUNE
7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant	7:00 am – 11:30 am Healthy Drink & Corner At Caprichos Restaurant
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Mecho"	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Mecho"	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby	9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Mecho"		9:00 am Kayak & Snorkel Meetingpoint Motor Lobby
9:00 am Meetingpoint Motor Lobby		9:00 am Meetingpoint Motor Lobby		9:00 am Meetingpoint Motor Lobby		
10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá	10:00 am Mayan Ritual At Pergola Zamá
10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
11:00 am HealthyRefreshers At Main Pool by Zak	11:00 am HealthyRefreshers At Main Pool by Zak	11:00 am HealthyRefreshers At Main Pool by Zak	10:00 am Zumba Kids At the Kids Club	11:00 am HealthyRefreshers At Main Pool by Zak	10:00 am Yoga Kids At the Kids Club	11:00 am HealthyRefreshers At Main Pool by Zak
11:00 am Taller de Recetas Spa con Miel At Pergola Zamá	11:00 am Taller de Sinergias con Aceites Esenciales At Pergola Zamá	11:00 am Clases de Masaje by Village Spa At Pergola Zamá	11:00 am Taller Auto Facial by NaturaBisse At Pergola Zamá	11:00 am Taller de Exfoliantes Corporales by Pevonia At Pergola Zamá	11:00 am HealthyRefreshers At Main Pool by Zak	
		12:00 pm Healthy Drinks & Cocktails At Zack Bar		11:00 am Coco Locos, Fish & Margaritas* At the Main Pool		
12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool	12:00 pm Aqua Zumba At the Main Pool
	1:00 pm Healthy Cooking Class At Gourmet Hall Restaurant VDPI GBIMS					
2:00 pm Poke Bowl Class At Davino Restaurant		2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids Cooking Class At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

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10:00 am Cold Press Juice At Lobby Bar Taller de Recetas Spa con Miel	10:00 am Cold Press Juice At Lobby Bar Taller de Sinergias con Aceites Esenciales	10:00 am Cold Press Juice At Lobby Bar Clases de Masaje by Village Spa	10:00 am Cold Press Juice At Lobby Bar Taller Auto Facial by NaturaBisse	10:00 am Cold Press Juice At Lobby Bar Taller de Exfoliantes Corporales by Pevonia	10:00 am Cold Press Juice At Lobby Bar	10:00 am Cold Press Juice At Lobby Bar
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	13:00 pm HealthyCookingClass At Davino Restaurant VDP GB MS	2:00 pm Kids Mocktails At Legends Restaurant	2:00 pm Tequila Tasting* At Pergola Zamá			2:00 pm Kids CookingClass At Davino Restaurant
3:00 pm Nail Spa At the Kids Club				3:00 pm Painting Hour At the Kids Club		3:00 pm Crazy Hairstyles At the Kids Club

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29 · JUNE	30 · JUNE	1 · JULY	2 · JULY	3 · JULY	4 · JULY	5 · JULY
<p>7:00 am – 11:30 am Healthy Drink At Caprichos Restaurant</p> <p>8:00 am Yoga At TierraLuna Gardens</p> <p>9:00 am Kayak & Snorkel Meetingpoint Motor Lobby Road to the Pyramid "El Meco"* Meetingpoint Motor Lobby</p> <p>10:00 am Mayan Ritual At Pergola Zamá</p> <p>10:00 am Cold Press Juice At Lobby Bar Taller de Recetas Spa con Miel At Pergola Zamá</p> <p>12:00 pm Aqua Zumba At the Main Pool</p> <p>3:00 pm Nail Spa At the Kids Club</p>	<p>7:00 am – 11:30 am Healthy Drink At Caprichos Restaurant</p> <p>8:00 am Yoga At TierraLuna Gardens</p> <p>9:00 am Kayak & Snorkel Meetingpoint Motor Lobby</p> <p>10:00 am Mayan Ritual At Pergola Zamá</p> <p>10:00 am Cold Press Juice At Lobby Bar Taller de Sinergiascon Aceites Esenciales At Pergola Zamá</p> <p>1:00 pm Healthy Cooking Class At Gourmet Hall Restaurant VDPI GBIMS</p>					

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