



HACIENDA DEL SOL
WELLNESS CENTER

WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 -9:00	Yoga Leg Strength	Yoga Leg Flexibility	Yoga Back & arm strength	Yoga Arch & abdomen strength	Yoga Arch & abdomen Strength	Mountain Hike	Jungle Hike to Venus Beach
14:00 – 15:00			Raw food cooking classes				
15:00 – 16:15	Unwind Yoga	Unwind Yoga	Unwind Yoga	Unwind Yoga	Unwind Yoga		
16:15 – 16:30	Meditation	Meditation	Meditation	Meditation	Meditation	Coral Beach Walk	Sunset Boat Tour 16:30 – 17:30
17:00 – 18:00	Sunset Shuttle to Punta India	Sunset Shuttle	Sunset Shuttle to Pitalla	Sunset Shuttle	Sunset Shuttle		