

TIME	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
7:00 AM	YOGA COMPLEMENTARY CLASS LIMIT 10 PEOPLE	HIT GROUP CLASS \$40 USD LIMIT 8 PEOPLE	BOOT CAMP GROUP CLASS \$40 USD LIMIT 10 PEOPLE				
8:00 AM				NO PAIN NO GAIN COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE			
9:00 AM	YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE	HIT COMPLEMENTARY CLASS LIMIT 8 PEOPLE	BOOT CAMP COMPLEMENTARY LIMIT 8 PEOPLE		YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE		
10:00 AM				BOOT CAMP GROUP CLASS \$40 USD LIMIT 8 PEOPLE		YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE	
11:00 AM		NO PAIN NO GAIN COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE	HIT GROUP CLASS \$40 USD LIMIT 8 PEOPLE		SOUL CONNECTION YOGA COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE		
12:00 PM				HIT GROUP CLASS \$40 USD LIMIT 8 PEOPLE		YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE	
1:00 PM	YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE	BOOT CAMP \$40 USD LIMIT 8 PEOPLE	NO PAIN NO GAIN COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE		YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE		

FREE SPACES AVAILABLE FOR PRIVATE CLASS

PRIVATE CLASS OPTIONS. VITALITY AND MOVEMENT:

TABATA, ABS TRAINING, FUNCTIONAL TRAINING, PERSONAL TRAINING, BOXING, NO PAIN NO GAIN.

MIND AND SPIRIT ACTIVITIES: YOGA, FLOOR PILATES

CONTACT YOUR WELLNESS CONCIERGE: instructorfitness@nobuhoteloscabos.com

DIAL EXTENSION: 4544 OR 4542

CANCELLATION POLICY:

PLEASE NOTIFY US OF ANY CANCELLATION AT LEAST 24 HOUR IN ADVANCE, 50% CANCELLATION FEE APPLIES FOR LAST MINUTE CANCELLATIONS AND 100% FEE APPLIES FOR NO SHOW

RESERVATION IN ADVANCE IS REQUIRED FOR ALL THE CLASSES