

TIME	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
7:00 AM		YOGA COMPLEMENTARY CLASS LIMIT 8 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 3 PEOPLE	YOGA GROUP CLASS \$40 USD LIMIT 8 PEOPLE	HIT COMPLEMENTARY CLASS LIMIT 8 PEOPLE	BOOT CAMP COMPLEMENTARY 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	SOUL CONNECTION YOGA COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE	SOUL CONNECTION YOGA COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE	NO PAIN NO GAIN COUPLE/PARTNER CLASS \$50 USD LIMIT 2 PEOPLE	HIT GROUP CLASS \$40 USD LIMIT 8 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			

**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](mailto: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**