

TIME	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
7:00 AM	MAT PILATES COMPLEMENTARY CLASS LIMIT 3 PEOPLE	YOGA COMPLEMENTARY CLASS LIMIT 8 PEOPLE	HIT COMPLEMENTARY CLASS LIMIT 8 PEOPLE	BOOT CAMP COMPLEMENTARY LIMIT 8 PEOPLE			
8:00 AM							
9:00 AM	YOGA GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	YOGA GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	HIT GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	BOOT CAMP GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	NO PAIN NO GAIN GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	MAT PILATES CLASS \$40 USD PER PERSON LIMIT 3 PEOPLE	
10:00 AM							
11:00 AM	MAT PILATES CLASS \$40 USD PER PERSON LIMIT 3 PEOPLE	MAT PILATES CLASS \$40 USD PER PERSON LIMIT 3 PEOPLE	NO PAIN NO GAIN GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	HIT GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	BOOT CAMP GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	YOGA GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	
12:00 PM							
1:00 PM		YOGA GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	BOOT CAMP GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	NO PAIN NO GAIN GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	HIT GROUP CLASS \$40 USD PER PERSON LIMIT 8 PEOPLE	YOGA GROUP CLASS \$40 USD PER PERSON 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@nobuhotelloscabos.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