



WALDORF ASTORIA®
CANCUN

FITNESS EXPERIENCES

Meeting point: Fitness Center.

Enjoy our daily included activities and live the Waldorf Astoria Cancun fitness style experience.

WELLNESS AND FIT EXPERIENCE

MONDAY 05

7 am Yoga
10 am Floor Pilates
11 am Abs & Glute
4 pm Bike Experience. M. Lobby
4 pm Stretching

TUESDAY 06

7 am Yoga
10 am Meditation YIN
11 am TRX
12 pm Hiit Cardio
4 pm Stretching

WEDNESDAY 07

7 am Sun Salutation (Yoga)
10 Bootcamp
11 am Abs & Glutes
4 pm Bike Experience. M. Lobby

THURSDAY 08

7 am Yoga
10 am Meditation YIN
11 am TRX
1 pm Hiit Cardio
4 pm Stretching
4 pm Bike Experience. M. Lobby

FRIDAY 09

7 am Yoga
10 am Floor Pilates
11 am Abs & Glutes
12 pm Bootcamp
3 pm Stretching

SATURDAY 10

7 am Yoga
10 am Meditation & Yin
11 am TRX
4 pm Bike Experience. M. Lobby

SUNDAY 11

7 am Stretching
10 am Hiit Training
4 pm Bike Experience. M. Lobby

**For more information contact
your Personal Concierge or
Leisure and Fitness Department.**

PRIVATE CLASSES (p/person)

Yoga	\$95usd
Floor Pilates	\$85usd
TRX	\$65usd



ENTERTAINMENT EXPERIENCES

Be Prepared to be inspired by our entertainment experiences.

MONDAY 05

7 pm Live Dj. Fire Pits

TUESDAY 06

5 pm Managers Cocktail & Live Flutist
6 pm Live Dj. Fire Pits

WEDNESDAY 07

7 pm Live Dj. Fire Pits

THURSDAY 08

1 pm Tequila & Mezcal Tasting. Pool Bar
7 pm Gin & Jazz, Live Cellist. Lobby area

FRIDAY 09

5 pm Managers Cocktail & Live Violinist,
Meet me at the Clock.
7 pm Live Dj. Fire Pits

SATURDAY 10

1 pm Make your Own Margarita . Pool bar
7 pm Gin & Jazz, Live Sax. Lobby area

SUNDAY 11

12 pm Live Dj Act. Pool bar
6 pm Live Dj. Fire Pits

For more information contact your Personal concierge or Leisure and Fitness Department.



CHILDREN'S PROGRAM

MONDAY 05

10 am Sand Sculpture
11 am Painting Workshop
1 pm Keychain

TUESDAY 06

10 am Picture Frame
11 am Dream Catcher
1 pm Origami

WEDNESDAY 07

10 am Stretching
11 am Sand Sculpture
1 pm Watercolor

THURSDAY 08

10 am Loteria
11 am Make your Piñata
1 pm Jewelry brazalet

FRIDAY 09

10 am Dream Catcher
11 am Finger Painting
1 pm Treasure Hunt

SATURDAY 10

10 am Collecting Seashells
11 am Watercolor
1 pm Jewelry Brazalet

SUNDAY 11

10 am Lotería
11 am Dream Catcher
1 pm God's eye

All activities must be reserved ahead of time. Please contact your Personal Concierge or Leisure and fitness department for further arrangements.



RAINING PROGRAM

Fun never ends even with the rain. Enjoy our raining program and lets keep having fun.
Meeting Point: Clock lobby area

Lobby Area from 9am to 5pm.

- Board Games
- Mexican Style Buñuelos and Hot Chocolate
- Brazaletes Making

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