



MONDAY 7

TUESDAY 8

WEDNESDAY 9

THURSDAY 10

FRIDAY 11

SATURDAY 12

SUNRISE SESSION



5:45 Hrs. BEACH CLUB ROOFTOP

SUNRISE PLUNGE



5:45 Hrs. MEMBERS BEACH CLUB

SUNRISE SESSION



5:45 Hrs. BEACH CLUB ROOFTOP

I SAY YES MASSAGE LESSON



9:00 Hrs. SIRENIS SPA

TAI CHI



8:00 Hrs. BEACH CLUB ROOFTOP

STRETCHING



8:00 Hrs. MEMBERS BEACH CLUB

PADDLE YOGA



8:00 Hrs. QUIET POOL

U RUN & RACE



7:30 Hrs. MEETING POINT: YALKU

NATURAL RIDE EXCURSION*



10:30 Hrs. MEMBERS VIP LOUNGE

NATURAL RIDE EXCURSION*



10:30 Hrs. MEMBERS VIP LOUNGE

NATURAL RIDE EXCURSION*



10:30 Hrs. MEMBERS VIP LOUNGE

NATURAL RIDE EXCURSION*



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NATURAL RIDE EXCURSION*



10:30 Hrs. MEMBERS VIP LOUNGE

HOW TO MAKE HEALTHY SNACKS?



15:00 Hrs. MEMBERS BEACH CLUB

HOW TO MAKE HEALTHY DRINKS?



15:00 Hrs. MEMBERS BEACH CLUB

MAYAN PURIFICATION



12Hrs and 15:00Hrs SIRENIS SPA

ULTIMATE CATCH



13:00 Hrs. MEMBERS BEACH CLUB

HOW TO MAKE HEALTHY DESSERTS?



15:00 Hrs. MEMBERS BEACH CLUB

OPENING EVENT



18:00 Hrs. SKY BAR

SELF WELLNESS



17:30 Hrs. THEATRE

MAYAN EXPERIENCE

18:00 Hrs. Meeting point: LOBBY DRESS CODE: CASUAL BEACH



RE-ALIGNMENT & REIKI



17:00 Hrs. SKY BAR

FAREWELL DINNER AND AWARDS CEREMONY



DAZZLE US WITH YOUR BEST WHITE OUTFIT, THAT STANDS OUT IN THE SEA AND THE SUNSET.

18:30 - 22:00 Hrs. LOBBY MAYAN BEACH



WELCOME & REGISTRATION COCKTAIL

12:00 to 18:00 HRS

Look for the WELLNESS MENU at the restaurant of your choice



A LA CARTE RESTAURANTS

BEACH WELCOME DINNER



19:00 - 22:00 Hrs. BEACH

Look for the WELLNESS MENU at the restaurant of your choice



A LA CARTE RESTAURANTS

U GLOW PARTY



20:00 - 22:00 Hrs. MEZCAL LOBBY BAR



18:30 - 22:00 Hrs. PALAPA BEACH

U SENSE AT THE SPA



19:00 - 22:00 Hrs. SIRENIS SPA

NEW LOCATION

SUBSCRIPTION REQUIRED.

*EVENTS, LOCATIONS, DATES AND TIMES OF THE CALENDAR MAY BE CHANGED OR CANCELLED.

GLOBAL WELLNESS DAY

June 12th 2021, Saturday

Global Wellness Day, is now a special day celebrated every year in **7 continents** and **150 countries** around the world.



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“One day, can change your whole life!”

www.globalwellnessday.org