

WEEKLY WELLNESS HAPPENINGS

GLUTES & ABS

monday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

A blend of high-intensity and low-intensity exercises that effectively target your entire core muscles and glutes.

BODY SCULPT

tuesday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

A comprehensive exercise program featuring a series of fluid movements designed to enhance flexibility and elasticity while aligning your body posture.

MAT PILATES

wednesday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

Join us for an invigorating mat Pilates session, where you'll strengthen your core, improve flexibility, and cultivate a balanced mind-body connection.

CIRCUIT TRAINING

thursday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

This is a high-intensity interval training (HIIT) consisting of eight sets of fast-paced exercises, each lasting 20 seconds with a 10-second rest interval in between.

YOGA SWEAT

friday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

Gradually intensifying to induce a significant sweat, this workout combines cardiovascular exercises with elements of strength, flexibility, and balance training.

BOOTCAMP

saturday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

Combine medium-intensity intervals with strength training, cardio, core, and balance workouts.

VINYASA FLOW

sunday

8:00 am - Beer Garden

\$23 USD | \$401 MXN

A moderate yoga class characterized by continuous rhythmic movements that synchronize with the natural flow of breath.

FITNESS AND PERSONAL TRAINING

Personal training and private fitness sessions are available upon request for individuals ranging from beginners to experts. Our resident fitness instructor from ModuVated collaborates closely with each client to assess specific needs and create a customized program tailored to their goals.

1-2 GUESTS

\$139 USD | \$2,425 MXN

3-4 GUESTS

\$186 USD | \$3,245 MXN

5-8 GUESTS

\$232 USD | \$4,048 MXN

9+ GUESTS

\$278 USD | \$4,851 MXN

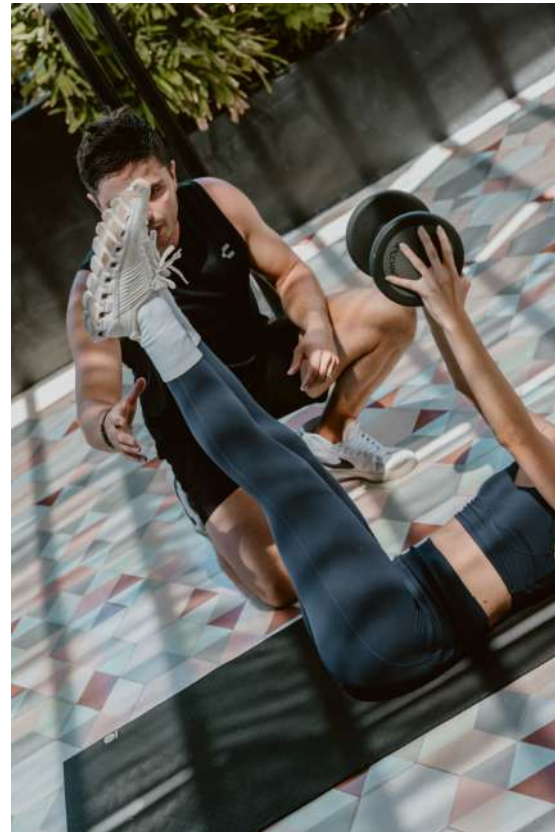
EXTRA PERSON FEE

\$23 USD | \$401 MXN

MODU PRIVATE SESSION

1-2 GUESTS

\$464 USD | \$8,097 MXN



Prices in USD and MXN. Taxes included. 15% of gratuity not included.



MIND, BODY, AND SOUL SESSIONS

SOUND HEALING

every last monday of the month

8:00 am - Beer Garden

\$41 USD | \$715 MXN

Embark on a new journey accompanied by sage, copal, and soothing sound vibrations. Conclude one chapter, set fresh intentions, and harmonize your energy fields to the serene tones of Tibetan singing bowls.

by Terapias de Sonido

SUNSET POWER RIDE

every first friday of the month

5:45 pm - Glimpse

\$41 USD | \$715 MXN

Experience a unique spinning session that not only boosts your energy and strength but, above all, allows you to enjoy the ride and push your limits as you find your rhythm.

by ModuVated

FULL MOON YOGA

every full moon

5:45 pm - Glimpse

\$29 USD | \$506 MXN

Recharge and discover your inner glow with a gentle yoga flow class guided by a ModuVated yoga instructor, all under the radiant light of the full moon.

by ModuVated

