



WALDORF ASTORIA®
LOS CABOS • PEDREGAL

FITNESS CLASSES SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 a.m. Yoga	8:00 a.m. Yoga 9:00 a.m. Body Sculpt	8:00 a.m. Yoga 9:00 a.m. Tone & Sculpt	8:00 a.m. Yoga 9:00 a.m. Functional Training 10:00 a.m. Zumba	8:00 a.m. Yoga 9:00 a.m. Beach Bootcamp	8:00 a.m. Yoga 9:00 a.m. Barre

Complimentary for our guests

MORE OPTIONS FOR PRIVATE CLASSES ARE AVAILABLE INCLUDING TENNIS LESSONS
MEETING POINT FOR ALL CLASSES: THE GYM

For reservations, please contact your personal concierge or sign up at the gym

