



March 29

- 8:00 am **Aura Floating Yoga**
La Escondida Pool
- 9:30 am **Mind, Body & Soul Functional Training with Giovana Araujo**
Costera Terrace
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 2:00 pm **Beauty Bar Experience**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:00 pm **Energy Reset Meditation with Shanon Bills**
Esencia Wellness
- 6:00 pm **Shaman Blessing Experience**
Costera Terrace
- 7:00 pm **Aura Sunset Party**
Costera Terrace

March 30

- 7:00 am **Cold Plunge Experience with Eugenia Muriel**
La Unica Garden
- 8:00 am **Energy Reset Meditation with Shanon Bills**
Esencia Wellness
- 10:00 am **Mind, Body & Soul Functional Training with Roydian Chan**
Costera Terrace
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 11:00 am **HIIT Work out with Giovana Araujo**
Esencia Wellness
- 1:00 pm **Pool Party**
20° 87° Pool
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:30 pm **Aura Vibrations**
Esencia Wellness

March 31

- 8:00 am **Aura Floating Yoga**
La Escondida Pool
- 9:00 am **Energy Reset Meditation with Shanon Bills**
Esencia Wellness
- 10:00 am **Circuit Work out with Elizabeth & Dale**
Costera Terrace
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 1:00 pm **Mind, Body & Soul Functional Training with Giovana Araujo**
Esencia Wellness
- 2:00 pm **Beauty Bar Experience**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:30 pm **Shaman Blessing Experience**
Beach

April 01

- 7:00 am **Aura Flow Moorning Yoga with Andrea Muriel**
Beach
- 9:00 am **Circuit Work out with Elizabeth & Dale**
Costera Terrace
- 10:00 am **Silent Beats Spinning with Giovana Araujo**
Esencia Wellness
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 11:00 am **Mind, Body & Soul Functional Training with Roydian Chan**
Costera Terrace
- 1:00 pm **Pool Party**
20° 87° Pool
- 1:00 pm **Energy Reset Meditation with Faith Hunter**
Esencia Wellness
- 2:00 pm **My Skin Care by Natura Bisse**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:30 pm **Aura Vibrations**
Esencia Wellness

April 02

- 7:00 am **Cold Plunge Experience with Eugenia Muriel**
La Unica Garden
- 8:00 am **Aura Floating Yoga**
La Escondida Pool
- 9:00 am **HIIT Work out with Kayla Nicole**
Costera Terrace
- 9:30 am **Mind, Body & Soul Functional Training with Giovana Araujo**
Esencia Wellness
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 11:00 am **My Skin Care by Natura Bisse**
Esencia Wellness
- 2:00 pm **Beauty Bar Experience**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:30 pm **Shaman Blessing Experience**
Beach

April 03

- 7:00 am **Aura Flow Moorning Yoga with Andrea Muriel**
Beach
- 9:00 am **Mind, Body & Soul Functional Training with Giovana Araujo**
Costera Terrace
- 11:00 am **Energy Reset Meditation with Faith Hunter**
Esencia Wellness
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 1:00 pm **Pool Party**
20° 87° Pool
- 2:00 pm **My Skin Care by Natura Bisse**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 5:30 pm **Aura Vibrations**
Esencia Wellness

April 04

- 8:00 am **Aura Floating Yoga**
La Escondida Pool
- 9:00 am **HIIT Work out with Kayla Nicole**
Costera Terrace
- 11:00 am **Silent beats Spinnig with Giovana Araujo**
Esencia Wellness
- 11:00 am **Aqua Spinning**
20° 87° Pool
- 2:00 pm **Beauty Bar Experience**
Esencia Wellness
- 3:00 pm **My Skin Care by Natura Bisse**
Esencia Wellness
- 4:00 pm **Aura Cooking Class with Karla Hernandez**
20°87° Restaurant
- 6:00 pm **Shaman Blessing Experience**
Costera Terrace
- 7:00 pm **Aura Sunset Party**
Costera Terrace

Restore, refresh, and reset.

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