



March 30

- 8:00 **Shaman Blessing / Opening**
Gazebo Beach
- 9:00 **Pilates with Agnes Xu (Fit Body)**
Esencia Wellness
- 9:00 **Conscious Breathing with Edmond Totah**
Nayade Terrace
- 10:30 **Yoga Sculpt with Nicole Huber**
Nayade Terrace
- 11:00 **Aquaspinning**
20°87° Pool
- 12:30 **Body Oils Workshop**
Esencia Wellness
- 13:00 **Pool Party with Marco Dorantes**
20°87° Pool
- 14:00 **Beauty Class with Scens**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 17:00 **Brass Bowls Meditation**
Esencia Wellness

March 31

- 8:00 **Floating Yoga with Agnes Xu (Fit Body)**
La Escondida Pool
- 9:00 **Functional Full Body with Marco Dorantes**
Nayade Terrace
- 9:30 **Pranayama with Agnes Xu (Fit Body)**
Esencia Wellness
- 10:00 **Cold Immersion with Eugenia Muriel**
La Unica Garden
- 11:30 **Functional Training with Maite Zumaya**
20°87° Terrace
- 14:00 **Beauty Class with Scens**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 17:00 **Tribal Sound Bath with René Nájera**
Esencia Wellness

April 1

- 7:30 **Sunrise Yoga with Andrea Muriel**
Norte Beach
- 9:00 **Pilates with Agnes Xu (Fit Body)**
Esencia Wellness
- 9:00 **Functional Full Body with Marco Dorantes**
Nayade Terrace
- 10:30 **Yoga Sculpt with Nicole Huber**
Nayade Terrace
- 11:00 **Aquaspinning**
20°87° Pool
- 11:30 **Functional Training with Maite Zumaya**
20°87° Terrace
- 12:30 **Aromatherapy Bracelet Workshop**
Esencia Wellness
- 13:00 **Pool Party**
20°87° Pool
- 14:00 **Beauty Class with Scens**
Esencia Wellness
- 15:30 **Sound Healing with Osvaldo Cañez**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace

April 2

- 8:00 **Floating Yoga with Agnes Xu (Fit Body)**
La Escondida Pool
- 9:00 **Functional Full Body Marco Dorantes**
Nayade Terrace
- 9:30 **Pranayama with Agnes Xu (Fit Body)**
Esencia Wellness
- 10:00 **Cold Immersion with Eugenia Muriel**
La Unica Garden
- 11:30 **Functional Training with Maite Zumaya**
20°87° Terrace
- 14:00 **Yoga Class with Andrea Muriel**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 17:00 **Brass Bowls Meditation**
Esencia Wellness

April 3

- 7:30 **Sunrise Yoga with Andrea Muriel**
Norte Beach
- 9:00 **Pilates with Agnes Xu (Fit Body)**
Esencia Wellness
- 9:00 **Meditation with Edmond Totah**
Nayade Terrace
- 10:30 **Yoga Sculpt with Nicole Huber**
Nayade Terrace
- 11:00 **Aquaspinning**
20° 87° Pool
- 12:30 **Handmade Candle Workshop**
Esencia Wellness
- 14:00 **My Skin Care with Natura Bissé**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 18:30 **Aura Sunset Party with Marco Dorantes**
Gazebo Beach

April 4

- 8:00 **Floating Yoga with Agnes Xu (Fit Body)**
La Escondida Pool
- 9:30 **Pranayama with Agnes Xu**
Esencia Wellness
- 10:00 **Cold Immersion with Eugenia Muriel**
La Unica Garden
- 10:30 **Conscious Breathing with Edmond Totah**
Nayade Terrace
- 11:00 **Aquaspinning**
20°87° Pool
- 13:00 **Pool Party with Marco Dorantes**
20°87° Pool
- 14:00 **My Skin Care with Natura Bissé**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 17:00 **Tribal Sound Bath**
Esencia Wellness
- 18:00 **Sunset Yoga Andrea Muriel**
Gazebo Beach

April 5

- 7:30 **Sunrise Yoga with Andrea Muriel**
Norte Beach
- 9:00 **Functional Full Body with Marco Dorantes**
Nayade Terrace
- 10:00 **Sound Healing with Osvaldo Cañez**
Esencia Wellness
- 10:30 **Yoga Sculpt with Nicole Huber**
Nayade Terrace
- 11:00 **Aquaspinning**
20°87° Pool
- 12:30 **Handmade Eco Products Workshop**
Esencia Wellness
- 14:00 **My Skin Care with Natura Bissé**
Esencia Wellness
- 16:00 **Cooking Class with Fernanda Castillo**
20°87° Terrace
- 17:30 **Shaman Blessing / Closing**
Gazebo Beach

Restore, refresh, and reset.

20° N 87° W

UNICO

Riviera Maya