



June
25

- 8:00am **Aura Floating Yoga**
La Escondida Pool
- 9:00am **Power Breakfast with Rhana Spence**
Palmera Lounge
- 10:00am **Mind, Body & Soul Functional Training**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 2:00pm **Beauty Bar Experience**
Esencia Spa
- 4:00pm **Aura Cooking Class**
20 87 Restaurant
- 6:00pm **Shaman Blessing Experience**
Beach
- 7:00pm **Aura Sunset Party**
Beach

June
26

- 7:00am **Aura Flow Morning Yoga**
Beach
- 8:00am **HIIT Workout with Brandon Espiritu**
Gazebo
- 10:00am **Pilates 20 87**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 1:00pm **Pool Party**
20 87 Pool
- 4:00pm **Aura Cardio**
Unica Garden
- 5:00pm **Energy Reset Meditation with Shannon Bills**
Beach

June
27

- 8:00am **Morning Yoga Flow with Karina Blackwood**
Costera Terrace
- 9:00am **Aura Vibrations**
Gazebo
- 10:00am **Mind, Body & Soul Functional Training**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 2:00pm **Beauty Bar Experience**
Esencia Spa
- 4:00pm **Aura Cooking Class**
20 87 Restaurant
- 5:00pm **Energy Reset Meditation with Shannon Bills**
Beach
- 6:00pm **Shaman Blessing Experience**
Beach

June
28

- 7:00am **Aura Flow Morning Yoga**
Beach
- 8:00am **Silent Beats Spinning**
Gazebo
- 9:00am **Face Yoga with Lisa Baisl**
Esencia Spa
- 10:00am **Pilates 20 87**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 1:00pm **Pool Party**
20 87 Pool
- 4:00pm **Aura Cardio**
Unica Garden

June
29

- 7:00am **ICE Shaman Experience**
La Unica Garden
- 8:00am **Aura Floating Yoga**
La Escondida Pool
- 9:00am **Re-energize with Natura Bissé**
Behind the Gazebo
- 10:00am **Mind, Body & Soul Functional Training**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 2:00pm **Beauty Bar Experience**
Esencia Spa
- 4:00pm **Aura Cooking Class**
20 87 Restaurant
- 5:00pm **My Skin Care By Natura Bissé**
Esencia Spa
- 6:00pm **Shaman Blessing Experience**
Beach
- 7:00pm **Aura Sunset Party**
Beach

June
30

- 8:00am **Aura Flow Floating Yoga**
La Escondida Pool
- 9:00am **Re-energize with Natura Bissé**
Behind the Gazebo
- 10:00am **Mind, Body & Soul Functional Training**
Costera Terrace
- 11:00am **Aqua Spinning**
20 87 Pool
- 1:00pm **Cooking Class with Yumna Jawad (Feel Good Foodie)**
20 87 Restaurant
- 4:00pm **Aura Cooking Class**
20 87 Restaurant
- 5:00pm **My Skin Care By Natura Bissé**
Esencia Spa

July
01

- 7:00am **Aura Flow Morning Yoga**
Beach
- 8:00am **Silent Beats Spinning**
Gazebo
- 9:00am **Re-energize with Natura Bissé**
Behind the Gazebo
- 10:00am **Circuit Workout with Sam Cushing**
Fitness Center
- 11:00am **Aqua Spinning**
20 87 Pool
- 1:00pm **Pool Party**
20 87 Pool
- 2:00pm **Beauty Bar Experience**
Esencia Spa
- 4:00pm **Aura Cooking Class**
20 87 Restaurant
- 5:00pm **My Skin Care By Natura Bissé**
Esencia Spa

July
02

- 8:00am **Aura Floating Yoga**
La Escondida Pool
- 9:00am **Mind, Body & Soul Functional Training**
Costera Terrace
- 10:00am **Gua Sha & Hand Facial Massage with Tiffany Lee**
Esencia Spa
- 11:00am **Aqua Spinning**
20 87 Pool
- 4:00pm **Esencia HIIT**
Costera Terrace
- 6:00pm **Shaman Blessing Experience**
Gazebo

July
03

- 7:00am **Aura Flow Morning Yoga**
Beach
- 8:00am **Silent Beats Spinning**
Gazebo
- 9:30am **Aura Vibrations**
Gazebo
- 11:00am **Aqua Spinning**
20 87 Pool
- 1:00pm **Pool Party**
20 87 Pool
- 2:00pm **Beauty Bar Experience**
Esencia Spa
- 4:00pm **Aura Cardio**
Unica Garden
- 7:00pm **Aura Sunset Party**
Beach

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