



GRAND VELAS
Riviera Nayarit | México

Actividades diarias / *Daily activities*

De enero a abril de 2025 / *From January to april , 2025*

Lunes /
Monday

8:00 a.m.
Yoga aéreo
air yoga

9:30 a.m.
Yin yoga

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Black Jack

2:00 p.m.
Water volley

3:00 p.m.
Fútbol
soccer

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Ping pong
Tournament

Martes /
Tuesday

9:30 a.m.
Hatha yoga
Yoga studio

9:30 a.m.
Power Pilates

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Bingo

2:00 p.m.
Water volley

3:00 p.m.
Tochito
Flag futbol

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Clases de baile
Dance lessons

Miércoles /
Wednesday

8:15 a.m.
Yoga aéreo
air yoga

9:30 a.m.
Yin yoga

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Black Jack

2:00 p.m.
Water volley

3:00 p.m.
Fútbol
soccer

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Ping pong
Tournament

Jueves /
Thursday

9:30 a.m.
Hatha yoga

10:00 a.m.
Power pilates

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Black Jack

2:00 p.m.
Water volley

3:00 p.m.
Tochito
Flag futbol

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Clase de baile
Dance lessons

Viernes /
Friday

8:00 a.m.
Yoga aéreo
Air yoga

9:30 a.m.
Sonoterapia
Sound healing

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Bingo

2:00 p.m.
Water volley

3:00 p.m.
Fútbol
soccer

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Ping pong
Tournament

Sábado /
Saturday

8:15 a.m.
Baile fitness
Dance fitness

9:30 a.m.
Estiramientos
Stretching

10:00 a.m.
Bike tour
Motor lobby

11:00 a.m.
Kayak tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Black Jack

2:00 p.m.
Water volley

3:00 p.m.
Tochito
Flag futbol

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Clase de baile
Dance lessons

Domingo /
Sunday

9:30 a.m.
Estiramientos
Stretching

10:00 p.m.
Bike tour

11:00 a.m.
Beach volleyball

12:00 p.m.
Aquaerobics

1:00 p.m.
Black Jack

2:00 p.m.
Water volley

3:00 p.m.
Fútbol
soccer

3:00 p.m.
Water basket

4:00 p.m.
Beach volley

4:00 p.m.
Ping pong
Tournament

Actividades sujetas a cambios sin previo aviso, según la temporada. Por favor verifique con su concierge al momento de hospedarse.
Activities subjects to change according to the season without prior notice. Please verify with concierge at the time of your stay.