

VICEROY

LOS CABOS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Beach Workout	Beginner Yoga	Beach Workout	Stretching	Beach Workout	Beginner Yoga	Stretching
9:00 AM	Bike Ride through San Jose	Spin	TRX	Bike Ride through San Jose	Spin	TRX	Total Body
11:00 AM	Salsa Class	Latin Rhythms	Salsa Class	Zumba	Latin Rhythms	Zumba	Latin Rhythms
1:00 PM	Total Body	Spin	TRX	Total Body	Spin	TRX	TRX
3:00 PM	Functional Training	Stretching	Functional Training	Beginner Yoga	Stretching	Abs and Core	Spin
5:00 PM	Bike Ride through San Jose	Abs and Core	Beach Beginner Yoga	Art Bicycle Experience	Beach Workout	Total Body	Beach Yoga

Cost per class: \$30
 Private yoga lesson: \$150
 Personal Training Session: \$110

All prices in USD

LIKE NO OTHER
 PLACE ON EARTH™

THE GYM HOURS 6:00 AM - 9:00 PM

For information or to schedule a class please
 contact the Concierge at ext 73500
 or directly with THE GYM at ext 76711