

EDEN ROC'S *lifestyle*

WEEKLY SCHEDULE

Tuesday	Bike Tour	10:00 AM	Villas Lobby
Friday	Sunset Yoga	05:00 PM	Main Deck Beach

Classes and activities are available for privately in our wellness studio, at the beach, inside our tropical cenote, or in your suite.

Contact our Lifestyle Concierge for more information.

Extension 122 | WhatsApp +1 849 455 9581 | lifestyle@edenroccapcana.com

EXERCISE CLASSES

HIIT
Yoga
Aeroyoga
Pilates
Aquayoga
Sound Healing
Personal Training
Physical Therapy

LIFESTYLE ACTIVITIES

Dance Lessons
Macrame
Bike Tour
Bikes for Rent
Spanish
Piano Lessons
Meditation
Tarot Reading
Reiki
Nutrition
Skin Care