

WEEKLY EXPERIENCE GUIDE



Monday

Pickleball Intermediate Clinic*	7:30 am
Coastal Passage	8:00 am
Vinyasa Yoga **	9:00 am
Horseback Riding	9:00 am
Handcrafted Syrups & Tropical Extracts	2:00 pm
Estancia Farm Tour	2:00 pm
Open Play Pickleball*	3:30 pm

Tuesday

Intro to Pickleball	7:00 am
Pickleball Strategy & Play*	8:00 am
Badminton	8:00 am
Vital Bounce **	9:00 am
Ginger Beer & Mule	2:00 pm
Town Tour	3:30 pm
Scavenger Hunt	5:00 pm
Sunset S'mores	5:00 pm

Wednesday

Ping Pong by the sea	8:00 am
Power Sculpt **	9:00 am
Estancia Farm Tour	10:00 am
Artful Escape	11:00 am
Entre Palmas y Aromas	2:00 pm
Cold Brew & Tonic	2:00 pm
Adult Cardio Tennis*	4:00 pm

Thursday

Adult Cardio Tennis*	7:00 am
Pickleball Beginners Clinic*	7:30 am
Adult Precision Tennis*	8:00 am
Vinyasa Yoga **	9:00 am
Entre Palmas y Aromas	10:00 am
Caribbean-Mesoamerican Ancestral Beverage	2:00 pm
Open Play Pickleball*	3:30 pm
Junior Protégés Tennis*	4:00 pm

Friday

Adult Cardio Tennis*	7:00 am
Cardio Pickleball**	7:30 am
Badminton	8:00 am
Adult Precision Tennis*	8:00 am
Fire & Flow Hot Yoga **	9:00 am
Horseback Riding	9:00 am
Artful Escape	3:00 pm
Pickleball Social*	3:30 pm
Junior Protégés Tennis*	4:00 pm

Saturday

Adult Cardio Tennis*	7:00 am
Coastal Passage	8:00 am
Junior Pee Wee Tennis*	8:30 am
Power Sculpt **	9:00 am
Junior Protégés Tennis*	9:30 am
Entre Palmas y Aromas	10:00 am
Estancia Farm Tour	2:00 pm
Pickleball Social*	4:00 pm

Sunday

Power Cardio Tennis*	7:00 am
Adult Precision Tennis*	8:30 am
Entre Palmas y Aromas	9:00 am
Junior Protégés Tennis*	9:30 am
Artful Escape	3:00 pm
Pickleball Social*	3:30 pm

A selection of recreation games are available at Central

Enjoy access to our tennis and pickleball courts for two complimentary hour daily.

**** Two classes per week per guest are available at the Center of Joy**

*****Gym available at the Center of Joy from 7 am to 8 pm**