



WELLBEING ACTIVITY TIMETABLE

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Sunrise Yoga 8am Breathwork 12pm	2 Gym Open 24hrs.	3 Sunrise Yoga 8am
4 Sunrise Yoga 8am Breathwork 12pm	5 Mindful Pilates 8am Sound Meditation 12pm	6 Sunrise Yoga 8am	7 Mindful Pilates 8am Sound Meditation 12pm	8 Sunrise Yoga 8am Breathwork 12pm	9 Gym Open 24hrs.	10 Sunrise Yoga 8am
11 Sunrise Yoga 8am Breathwork 12pm	12 Mindful Pilates 8am Sound Meditation 12pm	13 Sunrise Yoga 8am	14 Mindful Pilates 8am Sound Meditation 12pm	15 Sunrise Yoga 8am Breathwork 12pm	16 Gym Open 24hrs.	17 Sunrise Yoga 8am
18 Sunrise Yoga 8am Breathwork 12pm	19 Mindful Pilates 8am Sound Meditation 12pm	20 Sunrise Yoga 8am	21 Mindful Pilates 8am Sound Meditation 12pm	22 Sunrise Yoga 8am Breathwork 12pm	23 Gym Open 24hrs.	24 Sunrise Yoga 8am
25 Sunrise Yoga 8am Breathwork 12pm	26 Mindful Pilates 8am Sound Meditation 12pm	27 Sunrise Yoga 8am	28 Mindful Pilates 8am Sound Meditation 12pm	29 Sunrise Yoga 8am Breathwork 12pm	30 Gym Open 24hrs.	31 Sunrise Yoga 8am

Sound Meditation: Discover a path to inner transformation through sound vibration.
Conscious Grounding: Reconnect with earth through this guided barefoot walking meditation.

Reservation required: Ext. 7402
Spa.Mayakoba@groupbanyan.com
Check in at the Spa