



# WELLBEING ACTIVITY TIMETABLE

## January 2026

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

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](mailto:Spa.Mayakoba@groupbanyan.com)  
Check in at the Spa