



## Activity Program at the Westin Puntacana Resort & Club

We offer a wide variety of things to do on property while you are here. Whether you are with family or friends, want to relax or get active, we have something for everyone to enjoy!

### **Monday**

8.00 am - Hatha yoga at beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am - Aqua Gym at beach area of the Westin Puntacana R&C

11.00 am - Latin Mix cardio at swimming pool area of the Westin Puntacana R&C

11.30 am - Family Activities at the beach area of the Westin Puntacana R&C with our activities team.

3:00 pm - Volleyball at beach area of the Westin Puntacana R&C with our activities team.

### **Tuesday**

8.00 am - Pilates at beach area of the Westin Puntacana R&C

9.00 am - Opening of our Westin Kids Club Discovery Room

10.00 am –Tae Bo Cardio at swimming pool of the Westin Puntacana R&C

11.00 am – Family Activities at beach area of the Westin Puntacana R&C with our activities team.

3.00 pm - Volleyball at beach area of the Westin Puntacana R&C with our activities team.

### **Wednesday**

8.00 am - Astanga yoga at the beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am - Latin Mix cardio at the swimming pool area Westin Puntacana R&C

11.00 am – Family Activities of the Westin Puntacana R&C with our activities team.

4.00 pm – Board Games at the swimming pool area with our activities team of the Westin Puntacana R&C

#### **Thursday**

8.00 am - Tai Chi at beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am - Aerobics at swimming pool area of the Westin Puntacana R&C

11.00 am – Family Activities at beach area of the Westin Puntacana R&C with our activities team.

4.00 pm – Aquatic Games at the swimming pool area with our activities team of the Westin Puntacana R&C

#### **Friday**

8.00 am – Power Yoga at beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am – Aqua Gym at swimming pool area of the Westin Puntacana R&C

11.00 am – Family Activities at beach area of the Westin Puntacana R&C with our activities team.

4.00 pm - Volleyball at beach area of the Westin Puntacana R&C with our activities team

#### **Saturday**

8.00 am – Hatha Yoga at beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am – Aqua Gym at beach area of the Westin Puntacana R&C

11.00 am - Latin Mix cardio at pool area of the Westin Puntacana R&C

11.30 am – Family Activities at beach area of the Westin Puntacana R&C with our activities team.

3:00 pm - Volleyball at beach area of the Westin Puntacana R&C with our activities team.

#### **Sunday**

8.00 am – Meditation Yoga at beach area of the Westin Puntacana R&C

9.00 am – Opening of our Westin Kids Club Discovery Room

10.00 am - Tae Bo Cardio at beach area of the Westin Puntacana R&C

11.00 am – Family Activities at beach area of the Westin Puntacana R&C with our activities team.

3.00 pm - Volleyball at beach area of the Westin Puntacana R&C with our activities team.