

START TIME	SUN SEPT. 16	MON SEPT. 17	TUES SEPT. 18	WED SEPT. 19	THURS SEPT. 20	FRI SEPT. 21	SAT SEPT. 22
6:30am	Vinyasa Flow Yoga Miramar South Lawn 1 Hour	Sunrise Stretch Miramar South Lawn 1 Hour	Hilton Walk* Activities Center 1 Hour	Morning Meditation* Beach 1 Hour	Hilton Run* Activities Center 1 Hour	Breathing Class Miramar South Lawn 1 Hour	Sunrise Stretch Miramar South Lawn 1 Hour
9:00am	HIIT Training Miramar North Lawn 1 Hour SUP Tour* Activities Center 1 Hour	Cycling Tour* Activities Center 2 Hours	SUP Tour* Activities Center 1 Hour	Cycling Tour* Activities Center 2 Hours	SUP Tour* Activities Center 1 Hour	SUP Tour* Activities Center 1 Hour	Cardio Kickboxing Miramar North Lawn 1 Hour SUP Tour* Activities Center 1 Hour
10:00am		Yoga Miramar South Lawn 1 Hour	Aqua Zumba North Pool 1 Hour	Tai Chi Miramar South Lawn 1 Hour	Meditation Miramar South Lawn 1 Hour	Aqua Zumba North Pool 1 Hour	Yoga Miramar South Lawn 1 Hour
11:00am	Bird Interaction Bird Garden 1 Hour	Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours	Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours	Cook with the Chef* Sunset Grille 1.5 Hours	Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours	Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours	Bird Interaction Bird Garden 1 Hour Cook with the Chef* Sunset Grille 1.5 Hours
11:30am	Beach Tennis Shocoland Area 1 Hour	Spa Happy Hour eforea Spa Daily 12-3pm, 5-6pm	Spa Happy Hour eforea Spa Daily 12-3pm, 5-6pm	Pool Aerobics North Pool 1 Hour	Pool Aerobics North Pool 1 Hour	Pool Aerobics North Pool 1 Hour	Pool Aerobics North Pool 1 Hour
12:00pm		Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour	eforea Spa Massage Class* Ballroom 1 Hour		Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour	eforea Spa Massage Class* Ballroom 1 Hour	Make Your Own Aloe Scrub eforea Spa Cabana 1 Hour
3:00pm	Pool Volleyball North Pool 1 Hour	Happy & Healthy Mixology Class* Mira Solo Lobby Bar 1 Hour	Mini Chair Massages eforea Spa 1 Hour	Happy & Healthy Mixology Class* Mira Solo Lobby Bar 1 Hour	Personal Training* Book at eforea Spa - \$75 1 Hour		Mini Chair Massages eforea Spa 1 Hour
5:00pm			Scrub & Polish Bar Castaways Bar 1 Hour		Nutrition Seminar* Ballroom 1 Hour		Personal Training* Book at eforea Spa - \$75 1 Hour
6:00pm	Sunset Walk Activities Center 1 Hour	Dog Yoga* South Lawn 1 Hour	Sunset Meditation Yoga Beach 1 Hour	Mystical Yoga Beach 1 Hour	Woga (Water Yoga) North Pool 1 Hour Local Market North Pool 2 Hours	Sunset Pilates Miramar South Lawn 1 Hour	Beer Yoga* eforea Beach 1 Hour
7:00pm			Personal Training* Book at eforea Spa - \$75 1 Hour	Experiences are weather permitting and may be subject to change without prior notice. For more information, call resort extension 6076 or send an email to auaahh_eforea_aruba@hilton.com . *Experiences require 24-hour advance registration at the Activities Center.			