

# MELIÀ PUNTA CANA BEACH

A WELLNESS INCLUSIVE RESORT ADULTS ONLY



THE LEVEL

Adults Only

LUNES MONDAY 20	MARTES TUESDAY 21	MIÉRCOLES WEDNESDAY 22	JUEVES THURSDAY 23	VIERNES FRIDAY 24	SÁBADO SATURDAY 25	DOMINGO SUNDAY 26
<b>ACEITE ORGÁNICO COCO</b> <b>ORGANIC COCONUT OIL</b>  QUIMERA 4:00 PM	<b>JUICE THERAPY</b>  QUIMERA 09:00 AM	 <b>VELAS ECÓLOGICAS</b> <b>ECOLOGICAL CANDEL</b> QUIMERA 4:00 PM	 <b>TE THERAPY</b>  QUIMERA 09:00 AM	<b>HEALTHY SMOOTHIES</b>  QUIMERA 09:00 PM	<b>TALLER DE PINTURA</b> <b>PAINT</b> PLAYA   BEACH 4:00 PM	<b>CATA DE VINO</b> <b>WINE TASTING</b> QUIMERA 4:00 PM
		<b>WELCOME COCKTAIL</b>  ROOFTOP 5:00 PM	 <b>EXPERIENCIA DE CHOCOLATE</b> <b>CHOCOLATE EXPERIENCIE</b> QUIMERA 4:00 PM			
<b>INSTRUMENTAL AMBIENT</b>  ROOFTOP 08:30 PM 	<b>DEMO MAMAJUANA</b> <b>LOVER'S</b> ROOFTOP 9:00 PM <hr/> <b>INSTRUMENTAL</b> ROOFTOP 08:30 PM	<b>INSTRUMENTAL AMBIENT</b> ROOFTOP 08:30 PM	<b>RUM TEASTING</b> ROOFTOP 9:00 PM <hr/> <b>DJ SESSION</b> ROOFTOP 08:00 PM 	<b>DUO REGGAE</b> QUIMERA 9:30 PM	<b>DOMINICAN LIVE MUSIC</b>  PISCINA QUIMERA 8:00 PM	<b>DJ SESSION</b>  ROOFTOP 08:30 PM 



HOLISTIC



FITNESS



GASTRO



CULTURAL

Colección de experiencias y rituales de bienestar diseñados para guiarte hacia un viaje de bienestar consciente y personalizado.  
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PROGRAMA SUJETO A CAMBIOS | PROGRAM COULD BE MODIFIED



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 <b>HATHA YOGA</b> PLAYA   BEACH 09:00 AM	 <b>YOGA</b> PLAYA   BEACH 09:30 AM	 <b>HATHA YOGA</b> PLAYA   BEACH 09:00 AM	 <b>VINYASA YOGA</b> PLAYA   BEACH 09:00 AM	 <b>HATHA YOGA</b> PLAYA   BEACH 09:00 AM	 <b>VINYASA YOGA</b> PLAYA   BEACH 09:00 AM	 <b>HATHA YOGA</b> PLAYA   BEACH 09:00 AM
 <b>VINYASA YOGA</b> PLAYA   BEACH 10:00 AM	 <b>GUIDED MEDITATION</b> PLAYA   BEACH 10:30 AM	 <b>VINYASA YOGA</b> PLAYA   BEACH 10:00 AM	 <b>HATHA YOGA</b> PLAYA   BEACH 10:00 AM	 <b>VINYASA YOGA</b> PLAYA   BEACH 10:00 AM	 <b>HATHA YOGA</b> PLAYA   BEACH 10:00 AM	 <b>LOVE CHAKRA HEALING</b> PLAYA   BEACH 10:00 AM
 <b>STEP</b> PLAYA   BEACH 11:00 AM	 <b>JUICE THERAPY</b> PLAYA   BEACH 11:00 AM	 <b>TABATA</b> PLAYA   BEACH 11:00 AM	 <b>TEA THERAPY</b> PLAYA   BEACH 11:00 AM	 <b>ARTE EN BARRO CLAY ART</b> CALATHEA 11:00 AM	 <b>STEP</b> PLAYA   BEACH 11:00 AM	<b>ACEITE ORGÁNICO COCO ORGANIC COCONUT OIL</b> CALATHEA 11:00 AM
 <b>PILATES</b> PLAYA   BEACH 11:30 AM	 <b>REFLEXOLOGY</b> PLAYA / BEACH 11:30 AM	 <b>PILATES</b> PLAYA   BEACH 11:30 AM	 <b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 11:30 AM	 <b>HIIT</b> PLAYA   BEACH 11:30 AM	 <b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 11:30 AM	 <b>TABATA</b> PLAYA   BEACH 11:30 AM
 <b>AQUA ZUMBA</b> PISCINA   POOL 12:00 PM	 <b>AQUA AEROBIC</b> PISCINA   POOL 12:00 PM	 <b>AQUA ZUMBA</b> PISCINA   POOL 12:00 PM	<b>AQUA AEROBIC</b> PISCINA   POOL 12:00 PM	 <b>AQUA ZUMBA</b> PISCINA   POOL 12:00 PM	 <b>AQUA AEROBIC</b> PISCINA   POOL 12:00 PM	 <b>AQUA AEROBIC</b> PISCINA   POOL 12:00 PM



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































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<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 	<b>BEACH VOLLEY</b> PLAYA   BEACH 3:00 PM 
<b>AQUA SPINNING</b> PISCINA   POOL 3:30 PM 	<b>MUD CLEANSING</b> PLAYA   BEACH 3:30 PM 	<b>PADDLE FITNESS</b> PISCINA / POOL 3:30 PM 	<b>AQUA ZUMBA</b> PISCINA / POOL 3:30 PM 	<b>AQUA SPINNING</b> PISCINA   POOL 3:30 PM 	<b>AQUA ZUMBA</b> PISCINA / POOL 3:30 PM 	<b>AQUA ZUMBA</b> PISCINA / POOL 3:30 PM 
<b>PINTURA / PAINTING</b> PLAYA   BEACH 4:00 PM 	<b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 4:00 pm 	<b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 4:00 pm 	<b>LARIMAR WORKSHOP</b> PLAYA   BEACH 4:00 PM 	<b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 4:00 PM 	<b>VELAS ECÓLOGICAS ECOLOGIC CANDEL</b> PLAYA   BEACH 4:00 PM 	<b>BIKE TOUR</b> PARADA CUARZO JOY CENTER 4:00 PM 
<b>CLASE DE BAILE DANCE LESSON</b> PLAYA   BEACH 4:30pm 	<b>CLASE DE BAILE DANCE LESSON</b> PLAYA   BEACH 4:30 PM 	<b>CLASE DE BAILE DANCE LESSON</b> PLAYA   BEACH 4:30 PM 	<b>CLASE DE BAILE DANCE LESSON</b> PLAYA   BEACH 4:30 PM 	<b>CLASE DE BAILE DANCE LESSON</b> PLAYA   BEACH 4:30 PM 	<b>CLASE DE MERENGUE MERENGUE LESSON</b> PLAYA   BEACH 4:30 PM 	<b>DANCE LESSON</b> POOL   PISCINA 4:30 PM
<b>DHARMA &amp; SOUL</b> PLAYA   BEACH 5:00 PM 	<b>FOURTH CHAKRA WORKSHOP</b> PLAYA   BEACH 5:00 PM 	<b>FLOW YOGA</b> PLAYA   BEACH 5:00 PM 	<b>SUNSET YOGA</b> PLAYA   BEACH 5:00 PM 	<b>FRIDAY MEDITATION</b> TAINO LABIRYHNT 5:00 PM 	<b>FLOW YOGA</b> PLAYA   BEACH 5:00 PM 	<b>SUNSET YOGA</b> PLAYA   BEACH 5:00 PM 



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LATIN MUSIC BALANCE BAR 06:30 PM	SILENT AMBIENT BALANCE BAR 06:30 PM	INSTRUMENTAL VIBES BALANCE BAR 06:30 PM	INSTRUMENTAL VIBES BALANCE BAR 06:30 PM	ASTRONOMY NIGHT SPA POOL 8:00 PM	INSTRUMENTAL VIBES BALANCE BAR 06:30 PM	INSTRUMENTAL AMBIENT BALANCE BAR 06:30 PM
NOCHE LATINA LATIN NIGHT LOBBY PC 09:00 PM	SPLASH PAINTING LOBBY PC 09:00 PM	SAXO AMBIENT LOBBY 09:00 PM	TAINO SILENCE EXPERIENCE LOBBY PC 09:00 PM	ACROBATIC EXPERIENCE LOBBY PC 9:00 PM	DEMO MAMAJUANA BALANCE BAR 09:00 PM	NOCHE LATINA LATIN NIGHT LOBBY PC 09:00 PM
KARAOKE MUSE 09:00 PM	WHITE EXPERIENCE LOBBY PC 9:30 PM	ROCK NIGHT MUSE 09:00 PM	DJ SESSION MUSE 10:00 PM	KARAOKE MUSE 09:00 PM	DJ SESSION MUSE 10:00 PM	ACOUSTIC ROCK LOBBY PC 09:00 PM
	DJ SESSION MUSE 10:00 PM					KARAOKE MUSE 09:00 PM

## WELLNESS PROGRAM

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