



LA SAMANNA
A BELMOND HOTEL
ST. MARTIN

WEEKLY ACTIVITIES INCLUDED IN YOUR STAY

MONDAY

9:00 AM - 10:00 AM

Vinyasa Yoga

A dynamic yoga practice combining breath, balance and movement. Meet at the Fitness Center.

9:00 AM - 10:00 AM

Tennis Clinic

Start your morning with an energizing tennis session focused on technique, movement, and fun rally exchanges. Meet at the Tennis Courts.

TUESDAY

9:00 AM - 10:00 AM

Mat Pilates

Strengthen your core with a focused and controlled Pilates session. Meet at the Fitness Center.

WEDNESDAY

9:00 AM - 10:00 AM

Vinyasa Yoga

Meet at the Fitness Center.

9:00 AM - 10:00 AM

Tennis Clinic

Meet at the Tennis Courts.

5:00 PM - 6:00 PM

Crystal Sound Bath Meditation

Immerse yourself in a calming crystal sound healing experience. Meet at the Fitness Center.

THURSDAY

9:00 AM - 10:00 AM

Hatha Yoga

Slow movements, mindful holds and inner balance to start the day. Meet at the Fitness Center.

5:00 PM - 6:00 PM

Tarot Meets Totem

A soulful session combining intuition, reflection, and personal guidance. Meet at the Fitness Center.

FRIDAY

10:15 AM - 11:00 AM

HIIT

Push your limits with a fast-paced and effective training session. Meet at the Fitness Center.

SATURDAY

9:00 AM - 10:00 AM

Mat Pilates

Meet at the Fitness Center.

DAILY ACTIVITIES

Snorkeling
Paddleboards
Kayaks
Hobie Cat
Beach Games
Tennis Courts
Fitness Center*

*Private training sessions available at an additional cost.