

NOVEMBER 2022 ACTIVITIES

MON

vinyasa yoga flow

9am – 10am with rachel

canyon hike

with trail guide

9:30am – 10:30am with jana

abs and glutes

10:30am-11:30am with jana

TUES

HIIT yoga (high-intensity yoga)

8am – 9am with sarah

pilates body sculpt

12:30pm – 1:30pm with heather

canyon hike

with trail guide

4pm – 5pm with joanna

twilight yoga

5pm – 6pm with joanna

Wellness classes are held in the movement studio.

For hikes, please meet at the movement studio.

See the concierge or contact recreation to reserve a spot.

WED

full body fit

8am – 9am with kori

Hi-Pi (high-intensity pilates)

10am-11am with jana/heather

canyon hike with trail guide

11:30am – 12:30pm with joanna

sculpt

12:30pm – 1:30pm with joanna (not 10/12)

THURS

HIIT yoga (high-intensity yoga)

8am – 9am with sarah

canyon hike

with trail guide

9am – 10am with sarah

full body fit

11am – 12:00pm with kori

FRI

vinyasa yoga flow

8am – 9am with rachel

canyon hike with trail guide

8:30am-9:30am with danielle

stretch and strengthen

9:30am – 10:30am with kori

full body fit

10:30am – 11:30am with kori

SAT

canyon hike with trail guide

9:00am-10:00am with jana/sarah

kids cardio drumming

10am-11am with jana/sarah

mindful meditation

11:30am – 12:30pm with marina

SUN

cardio drumming

9am-10am with jana/sarah

canyon hike

with trail guide

10am – 11am

with jana/sarah (not 11/27)

mindful meditation

11am – 12pm with marina

restorative flow

12:30pm – 1:30pm with taylor

PICKLEBALL CLINICS

Pickleball clinic

saturdays 12pm-1pm

\$35 per player

GOLF CLINIC

schedule your golf clinic pr tee

time:

(858) 314-1930

Fridays 1pm-2pm

full swing clinic

\$50 per person

Saturdays 1pm-2pm

putting clinic

\$50 per player

Golf is subject to availability.

Practice Facility, Twilight and Junior rates are available. Under 12 is complimentary when accompanied by an adult.

Fairmont
GRAND DEL MAR

granddelmar.com

ARCHERY

Daily 2pm and 3pm

PEDAL ON

Take a spin on one of our bicycles or e-bikes to explore the area.

TAKE TO THE COURTS

Tennis and pickleball racquets available.

EQUESTRIAN ACTIVITIES

Riding and non-riding activities for 5 and up and all levels of experience.

Horse feeding | 1-1:30 Tuesday-Sunday

SPECIAL EVENTS AND HOLIDAYS

HOLIDAYS AT THE GRAND 2022

THANKSGIVING IN AMAYA OR MANCHESTER SALON

12pm-8pm

TREE LIGHTING

Friday, November 25th | 5:30pm

Glice skating and culinary offerings open at 5pm

GLICE SKATING

Weekends through January 29 | noon to 9pm

HOLIDAY MARKET

Starts Saturday, November 26 | noon to 7pm

Visit granddelmar.com/holidays for all holiday details.