

MARCH ACTIVITY GUIDE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

This week
at The Grand



10am | cardio tennis clinic* |
11am | gratitude meditation
12pm | pickleball clinic*
12-3:30pm | afternoon tea
12:30pm | yoga flow
1pm | golf putting clinic*
2pm & 3pm | archery
8pm | live entertainment in lobby

2

8:30am | sound healing meditation
11am | calming meditation
12-3:30pm | afternoon tea
1pm | meet the horses
2pm & 3pm | archery
5pm | amaya happy hour

3

9am | gentle yoga
10am | yoga sculpt
2pm | pilates body sculpt
5pm | amaya happy hour
mini burger monday at clubhouse grill

4

10am | yoga sculpt
11am | yoga
1pm | meet the horses
5pm | amaya happy hour
taco tuesday at clubhouse grill

5

8am | full body fit
10am | yoga
1pm | meet the horses
5pm | amaya happy hour
wing wednesday at clubhouse grill

6

8am | yoga flow
1pm | meet the horses
2pm | archery
3pm | archery
5pm | amaya happy hour
nacho thursday at clubhouse grill

7

8am | vinyasa yoga flow
9:30am | full body fit
10:30 | core & more
1-2pm | golf full swing clinic*
2pm & 3pm | archery
4-5:15pm | junior golf clinic*
8pm | live entertainment in lobby
fish fry at clubhouse grill

8

10am | cardio tennis clinic*
11am | gratitude meditation
12pm | pickleball clinic*
12:30 | yoga flow
12-3:30pm | afternoon tea
1pm | golf putting clinic*
2pm & 3pm | archery
8pm | live entertainment in lobby

9

8:30am | sound healing meditation
11am | calming meditation
12-3:30pm | afternoon tea
12:30pm | restorative flow
1pm | meet the horses
2pm & 3pm | archery
5pm | amaya happy hour

10

9am | gentle yoga
10am | yoga sculpt
2pm | pilates body sculpt
5pm | amaya happy hour
mini burger monday at clubhouse grill

11

10am | yoga sculpt
11am | yoga
12:30pm | golf stretch
1pm | canyon hike
1pm | meet the horses
5pm | amaya happy hour
taco tuesday at clubhouse grill

12

8am | full body fit
9:30am | soulful meditation
1pm | meet the horses
5pm | amaya happy hour
wing wednesday at clubhouse grill

13

1pm | meet the horses
2pm | archery
3pm | archery
5pm | yoga flow
5pm | amaya happy hour
nacho thursday at clubhouse grill

14

8am | vinyasa yoga flow
9:30am | full body fit
10:30am | core & more
1-2pm | golf full swing clinic*
2pm & 3pm | archery
4-5:15pm | junior golf clinic*
fish fry at clubhouse grill

15

10am | cardio tennis clinic*
11am | gratitude meditation
12pm | pickleball clinic*
12:30pm | yoga flow
12-3:30pm | afternoon tea
1pm | golf putting clinic*
2pm & 3pm | archery
8pm | live entertainment in lobby

16

11am | calming meditation
12-3:30pm | afternoon tea
12:30pm | restorative flow
1pm | meet the horses
2pm & 3pm | archery
5pm | amaya happy hour

17

9am | gentle yoga
10am | yoga sculpt
2pm | pilates body sculpt
5pm | amaya happy hour
mini burger monday at clubhouse grill

18

10am | yoga sculpt
11am | yoga
12:30pm | golf stretch
1pm | canyon hike
1pm | meet the horses
5pm | amaya happy hour
6pm | study hall in the library
taco tuesday at clubhouse grill

19

8am | full body fit
9:30am | soulful meditation
1pm | meet the horses
5pm | amaya happy hour
wing wednesday at clubhouse grill

20

8am | yoga flow
1pm | meet the horses
2pm | archery
3pm | archery
5pm | yoga flow
5pm | amaya happy hour
nacho thursday at clubhouse grill

21

8am | vinyasa yoga flow
10:30 | core & more
1-2pm | golf full swing clinic*
2pm & 3pm | archery
4-5:15pm | junior golf clinic*
8pm | live entertainment in lobby
fish fry at clubhouse grill

22

10am | cardio tennis clinic*
11am | gratitude meditation
12pm | pickleball clinic*
12-3:30pm | afternoon tea
1pm | golf putting clinic*
2pm & 3pm | archery
8pm | live entertainment in lobby

23

8:30am | sound healing meditation
11am | calming meditation
12-3:30pm | afternoon tea
12:30pm | restorative flow
1pm | meet the horses
2pm & 3pm | archery
5pm | amaya happy hour

24

9am | gentle yoga
10am | yoga sculpt
5pm | amaya happy hour
mini burger monday at clubhouse grill

25

10am | yoga sculpt
11am | yoga
12:30pm | golf stretch
1pm | meet the horses
5pm | amaya happy hour
taco tuesday at clubhouse grill

26

8am | full body fit
10am | yoga
1pm | meet the horses
5pm | amaya happy hour
wing wednesday at clubhouse grill

27

8am | yoga flow
1pm | meet the horses
2pm | archery
3pm | archery
5pm | amaya happy hour
nacho thursday at clubhouse grill

28

8am | vinyasa yoga flow
9:30am | full body fit
10:30am | core & more
1-2pm | golf full swing clinic*
2pm & 3pm | archery
4-5:15pm | junior golf clinic*
8pm | live entertainment in lobby
fish fry at clubhouse grill

29

10am | cardio tennis clinic*
11am | gratitude meditation
12pm | pickleball clinic*
12:30pm | yoga flow
12-3:30pm | afternoon tea
1pm | golf putting clinic*
2pm & 3pm | archery
8pm | live entertainment in lobby

30

8:30am | sound healing meditation
11am | calming meditation
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12:30pm | restorative flow
1pm | meet the horses
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5pm | amaya happy hour

31

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5pm | amaya happy hour
mini burger monday at clubhouse grill



Wellness classes are held in the movement studio.
March 3 - 23, please check with the spa or concierge regarding class location.
Fitness classes are open to Members, resort overnight guests, and spa guests. Reservations required.
For hikes, please meet at the movement studio.

*racquet clinics (\$40 per person) reservations are required with the concierge
*schedule your golf clinic (\$50 per person) or tee times at 858-314-1930
Grand Signature Events are in orange.

SPA TREATMENT SPOTLIGHT

Receive 20% off the
JETPEEL FACIAL
Monday through Thursday in March.
Please visit The Spa and Wellness boutique on the third floor for all spa treatments arrivals.
Please call 858-314-2020 to reserve your spa treatment.

GOLF

Golf is subject to availability. Practice facility, twilight and junior rates are available. Under 12 is complimentary when accompanied by an adult.

EQUESTRIAN ACTIVITIES

Riding and non-riding activities for 2 and up and all levels of experience.
Meet the Horses | 1-1:30pm | Tues through Sun

PEDAL ON

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

BOCCE

Courts available for your use at Grand Social.

TAKE TO THE COURTS

Tennis, pickleball and padel available.

SHOPPING AT THE GRAND

From swimwear, leisure wear and stylish designer accessories to souvenirs and skincare you can find what you are looking for at the Spa Boutique, Grand Gifts or The Preserve. Daily | 9am - 5pm

KIDS EXPLORER'S CLUB

Sat and Sun - 9am - 5pm
48-hour notice for Mon through Fri

NEARBY EXCURSIONS

Please visit the concierge to schedule complimentary rides to and from nearby towns and activities.

DINING OPTIONS

Addison | Dinner Tues through Sat
Amaya | Breakfast, Lunch and Dinner Daily, Weekend Brunch and **Happy Hour | Daily 5pm-6pm**
Grand Social | Closed until May 23, 2025
Lobby Lounge | Bar Service | Daily starting at 4pm
Afternoon Tea | Every Sat and Sun 12-3:30pm
Live Entertainment | Every Fri and Sat at 8pm
Cent' Anni | Breakfast and Lunch, To-Go Items
Opens at 6am Daily
The Clubhouse Grill | Daily 7:30am - 5pm
Daily Specials Mon - Fri
In-Room Dining | All Day Daily