

★ H A P P Y ★ *Labor Day*

FRIDAY, AUGUST 29

6:30am - 1:30pm BRUNCH | Start your day with a delicious spread of brunch favorites. | T. Cook's

10:00am & 5:00pm HISTORY TOUR | Explore and learn the history behind the resort's beauty. We will guide you on a tour of the property. Please sign up in advance to reserve your spot. Reservations can be made online through TOCK. | Lobby

12:30pm COCINA LATINA | Ceviche also known as cebiche, sebiche or seviche is a dish that consists of fish or shellfish marinated in citrus and various seasonings. There are several recipe versions based on preference and regional influences, but we invite you into our kitchen to experience the flavors of our own family's traditions. Sign up required, \$55 per person. Reservations can be made online, through TOCK. | T. Cook's Chef's Table

2:00pm MIXOLOGY CLASS | Schedule a Mixology Class with One of Our Talented Mixologist's. The class will be 30 minutes, including one drink and recipe card. Space is limited, must sign up online through TOCK to reserve. | Mix-Up

2:00pm - 4:00pm CHEERS TO YOU | Start your weekend off right with a complimentary glass of our specialty sangria. Flavorful, refreshing and waiting for you! | Mix-Up Bar

4:00pm - 6:00pm HAPPY HOUR | The happiest part of the day. Unwind with light bites and tasty sips. | Mix-Up Bar

7:00pm - 10:00pm LIVE MUSIC | End your evening with beautiful views, sipping on craft cocktails and listening to live music. | Mix-Up Bar

SATURDAY, AUGUST 30

6:30am - 1:30pm BRUNCH | Start your day with a delicious spread of brunch favorites. | T. Cook's

8:45am YIN & YANG YOGA | Enjoy the beauty of balance: layering dynamic vinyasa flow sequences (YANG) with soft landing in long deep stretches by the end of the class (YIN). | Alvalora Spa

10:00am & 5:00pm HISTORY TOUR | Explore and learn the history behind the resort's beauty. We will guide you on a tour of the property. Please sign up in advance to reserve your spot. Reservations can be made online through TOCK. | Lobby

2:00pm MIXOLOGY CLASS | Schedule a Mixology Class with One of Our Talented Mixologist's. The class will be 30 minutes, including one drink and recipe card. Space is limited, must sign up online through TOCK to reserve. | Mix-Up

3:00pm - 4:00pm GUAC THIS WAY! | Want to make the perfect Guacamole? Learn from our Chefs as they "walk" you through the process. Complimentary. | Poolside

4:00pm - 6:00pm HAPPY HOUR | The happiest part of the day. Unwind with light bites and tasty sips. | Mix-Up Bar

7:00pm - 10:00pm LIVE MUSIC | End your evening with beautiful views, sipping on craft cocktails and listening to live music. | Mix-Up Bar

SUNDAY, AUGUST 31

6:30am - 1:30pm BRUNCH | Start your day with a delicious spread of brunch favorites. | T. Cook's

8:45am YOGA NIDRA | Settled into a comfortable restorative position, you will be guided into one of the deepest meditations, leading awareness through many levels of mental process to a state of complete stillness and insight. | Alvalora Spa

10:00am & 5:00pm HISTORY TOUR | Explore and learn the history behind the resort's beauty. We will guide you on a tour of the property. Please sign up in advance to reserve your spot. Reservations can be made online through TOCK. | Lobby

3:00pm MIXOLOGY CLASS | Schedule a Mixology Class with One of Our Talented Mixologist's. The class will be 30 minutes, including one drink and recipe card. Space is limited, must sign up online through TOCK to reserve. | Mix-Up

4:00pm - 6:00pm HAPPY HOUR | The happiest part of the day. Unwind with light bites and tasty sips. | Mix-Up Bar

MONDAY, SEPTEMBER 1

6:30am - 1:30pm BRUNCH | Start your day with a delicious spread of brunch favorites. | T. Cook's

10:00am & 5:00pm HISTORY TOUR | Explore and learn the history behind the resort's beauty. We will guide you on a tour of the property. Please sign up in advance to reserve your spot. Reservations can be made online through TOCK. | Lobby

3:00pm MIXOLOGY CLASS | Schedule a Mixology Class with One of Our Talented Mixologist's. The class will be 30 minutes, including one drink and recipe card. Space is limited, must sign up online through TOCK to reserve. | Mix-Up

4:00pm - 6:00pm HAPPY HOUR | The happiest part of the day. Unwind with light bites and tasty sips. | Mix-Up Bar

4:00pm - 5:00pm UNCLE NEAREST WHISKEY TASTING | Uncle Nearest is a Tennessee whiskey brand named after Nathan "Nearest" Green, the first African-American master distiller. Learn about its history, products, distillery, and social initiative. | Mix-Up Bar