



Wellness activities calendar

Date/ time	8.00-9.00	9.00-10.00	14.00-14.30	15.00-16.00	16.00-17.00	17.00-18.00
Monday	Morning yoga @ Yoga sala 800++/pax	Muay Thai @ Fitness studio 800++/pax	Intro to Meditation @ Yoga sala complimentary	Pilates mat class @ Fitness studio 800++/pax	Water exercise @Retreat pool 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Tuesday	Morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Breathing exercise @ Yoga sala complimentary	Muay Thai @ Fitness studio 800++/pax	Stretching and Fitball @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Wednesday	Morning yoga @ Yoga sala 800++/pax	Muay Thai @ Fitness studio 800++/pax	Little stretch @ Yoga sala complimentary	TRX @ Yoga sala 800++/pax	Beginners swimming @Retreat pool 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Thursday	Morning yoga @ Yoga sala 800++/pax	Core bag and Kettlebell @ Fitness studio 800++/pax	Breathing exercise @ Yoga sala complimentary	Muay Thai @ Fitness studio 800++/pax	Body combat class @Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Friday	Morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Aeroboxing @Fitness studio complimentary	Stretching and Fitball @ Fitness studio 800++/pax	Muay Thai @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Saturday	Morning yoga @ Yoga sala 800++/pax	Pilates mat class @ Fitness studio 800++/pax	Breathing exercise @ Yoga sala complimentary	Muay Thai @ Fitness studio 800++/pax	Circuit class @Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Sunday	Morning yoga @ Yoga sala 800++/pax	Meditation @ Yoga sala 800++/pax	Little stretch @ Yoga sala complimentary	Muay Thai @ Fitness studio 800++/pax	Beginners swimming @Retreat pool 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax

- Venue of activities can be changed according to weather condition
- This schedule is subject to change without notice
- 5 class pass can be purchased for 3,000++, valid for all group classes
- All rates are subject to 10% service charge and 7% government tax
- Classes run for 50 minutes



Private fitness and yoga sessions

In addition to our class schedule, we offer the following private sessions in order to customize and deepen your fitness or yoga practice:

Kayak or stand-up paddle board* 1,200++ per hour up to 2 participants	Pilates reformer 2,200++ for individual private session 2,800++ for couple	Meditation 2,800++ for individual private session 3,400++ for couple	Yoga 2,200++ for individual private session 2,800++ for couple
TRX 2,200++ for individual private session 2,800++ for couple	Swimming lesson for adults 2,200++ for individual private session	Core bag and kettlebell training 2,200++ for individual private session 2,800++ for couple	Muay Thai 2,200++ for individual private session 2,800++ for couple
	Pelvic floor and lower abdominal strengthening* 3,200++ for individual private session *with physiotherapist	Tennis* 1,200++ per hour with tennis partner	

- *Kayaks and paddle boards are available for lending, free of charge
- *Tennis court is available free of charge, booking in 1 hour slots
- All rates are subject to 10% service charge and 7% government tax
- To book a class or private session please visit or call the spa reception (7701) or the fitness centre (7815)