



FITNESS & WELLNESS CENTRE

Complimentary Fitness and Yoga Sessions

Monday	Meditative Yoga (Flow into the calm) 8 - 8.45am	Stick Workout 12 - 12.45pm	Kids Yoga (6-13 years old) 3 - 3.30pm
Tuesday	Yoga (Back to Basics) 8 - 8.45am	MOTR® 12 - 12.45pm	Stretching for Kids (6 - 13 years old) 3 - 3.30pm
Wednesday	Sun Salutations (A complete yoga workout) 8 - 8.45am	Mobility 12 - 12.45pm	Gym Ball Class for Kids (6 - 13 years old) 3 - 3.30pm
Thursday	Power Yoga 8 - 8.45am	Sound Bath 12 - 12.45pm	Fundamentals of Movement for Kids (6 - 13 years old) 3 - 3.30pm
Friday	Yoga Asanas 8 - 8.45am	Muay Thai (For beginners) 12 - 1pm	Muay Thai for Kids (6-13years old) 3 - 3.30pm
Saturday	Yoga Asanas & Meditation for Stress Relief 8 - 8.45am	Stretching for Kids (6 - 13 years old) 3 - 3.30pm	Muay Thai (For beginners) 5 - 6pm
Sunday	Sun Salutations (A complete yoga workout) 8 - 8.45am	Spirit of Breath & Meditation 12 - 12.45pm	Tennis Lesson for Kids (6 - 13 years old) 3 - 3.30pm

Please note: Yoga is best practised on an empty stomach. Please try to avoid eating a heavy meal for at least 2 hours prior to your Yoga session. Please dress comfortably with no belts or buckles. We recommend you consult your physician in case of specific health concerns before commencing fitness practices. Please inform us of any health issues or concerns before the session begins so that you receive both the required attention and maximum benefit from the programme. The spots are available on a first-come, first-serve basis.

Private Yoga and fitness sessions are available upon request. Kindly contact the Fitness & Wellness Centre at extension 7430 or 7431 for more information or to make a booking.

