



# Complimentary Wellness Activities

Exclusively for In-House Guest & Lifestyle Members.  
Discover revitalising activities to nourish your mind, body, and soul.  
Min. 3 persons required for each session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10AM	10AM	10AM	7AM	10AM	10AM	10AM
CIRCUIT TRAINING	WORKOUT OF THE DAY	HIIT	SUNRISE YOGA	WORKOUT OF THE DAY	STRETCHING	HIIT
Combining endurance, resistance, and high-intensity exercises for a comprehensive fitness routine that boosts strength.	Speak to one of our friendly colleagues to know what's in store for the workout of the day.	High-intensity interval training (HIIT) pushes your cardio beyond comfort, enhancing stamina and elevating your workouts to new levels.	Start your day with a revitalising Sunrise Yoga by the poolside, set against stunning green views and a dynamic cityscape.	Speak to one of our friendly colleagues to know what's in store for the workout of the day.	This instinctive act of stretching, known as "pandiculation," helps prepare our mind and muscles for movement and prevents injury.	High-intensity interval training (HIIT) pushes your cardio beyond comfort, enhancing stamina and elevating your workouts to new levels.
5PM	6PM	5PM	5PM	5PM	5PM	5PM
WORKOUT OF THE DAY	EVENING YOGA	STRECHING	WORKOUT OF THE DAY	HIIT	CIRCUIT TRAINING	WORKOUT OF THE DAY
Speak to one of our friendly colleagues to find out what's in store for today's workout	Experience the holistic wellness benefits of yoga with mindful movement, breath work, and relaxation.	This instinctive act of stretching, known as "pandiculation," helps prepare our mind and muscles for movement and prevents injury.	Speak to one of our friendly colleagues to find out what's in store for today's workout	High-intensity interval training (HIIT) pushes your cardio beyond comfort, enhancing stamina and elevating your workouts to new levels.	Combining endurance, resistance, and high-intensity exercises for a comprehensive fitness routine that boosts strength.	Speak to one of our friendly colleagues to know what's in store for the workout of the day.