

## Complimentary Wellness Activities

Exclusively for In-House Guests & Lifestyle Members

Discover revitalising activities to nourish your mind, body, and soul.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	10AM	7AM	10AM	7AM	11AM	10AM	10AM
ACTIVITIES	CIRCUIT TRAINING	MORNING JOG	HIIT	SUNRISE YOGA	CARDIO TENNIS	MORNING STRETCHING	HIIT
	Combining endurance, resistance, and high-intensity exercises for a comprehensive fitness routine that boosts strength and endurance.	Kickstart your metabolism for more energy throughout the day, ensuring your muscles, tissues, and cells receive optimal nourishment.	High-intensity interval training (HIIT) pushes your cardio beyond comfort, enhancing stamina and elevating your workouts to new levels.	all levels who need a good stretch.	Tennis isn't just a cardio workout; it engages muscles across your body, from core to glutes, for a comprehensive fitness experience.	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.
EVENING	6PM	6PM	6PM	6PM	6PM	6PM	5PM
ACTIVITIES	KL Evening Walk	YOGA BY ANNIE WONG	TENNIS CLINIC	CIRCUIT TRAINING	HIIT	TABATA	EVENING JOG
	Take in the fresh air, release your stress, and take a walk around the city.	Suitable for beginners and participants of all levels who need a good stretch.	Providing a focused learning environment, allowing individuals to enhance specific skills in a structured and intensive setting.	Combining endurance, resistance, and high-intensity exercises for a comprehensive fitness routine that boosts strength and endurance.	High-intensity interval training (HIIT) pushes your cardio beyond comfort, enhancing stamina and elevating your workouts to new levels.	Intervals of intense exercise for 20–30 sec followed by brief 10-sec rests, maximizing results by pushing your limits.	Releases endorphins that boost your mood and alleviate anxiety, helping you de-stress at the end of the day.