



Fitness and Wellness Programmes

Take advantage of these wellness activities curated by our fitness experts.

MONDAY

Tai Chi | 7:30 to 8:15am

Find inner peace and reduce stress by starting your day with a relaxing session of Tai Chi.

Strength & Conditioning | 5 to 5:45pm

Build up your muscles with a combination of training styles in various intensities and patterns.

TUESDAY

Bodyweight Blast | 7:30 to 8:15am

Break a sweat and strengthen your muscles with a high intensity workout.

WEDNESDAY

Yoga | 7:30 to 8:15am

Awaken your senses with an invigorating yoga class.

Sound Bath & Meditation | 5:30 to 6:15pm

Clear your mind with a variety of modalities designed to support relaxation and wellbeing.

THURSDAY

Arms, Core & Back Workout | 7:30 to 8:15am

Strengthen the muscle group in your upper body through targeted exercises.

FRIDAY

MOFIT Run | 7:30 to 8:15am

Join us for a scenic run around the stunning Marina Bay.

Meet at the Lobby to join the MOFIT Run.

Stretching & Mobility | 5 to 5:45pm

Improve your flexibility and loosen up your muscles with stretching exercises.

SATURDAY

Stretching & Breathwork | 8 to 8:45am

Find calmness through mindful breathing while improving your flexibility with stretching exercises.

SUNDAY

Yoga | 8 to 8:45am

Immerse in mindfulness through the alignment of breath and movement.