



Fitness and Wellness Programmes

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

MONDAY

Group Workout | 7:30 - 8:15am

Body Tone and Conditioning

TUESDAY

Stretch & Breathe | 5:30 - 6:15pm

Unwind your mind and body

WEDNESDAY

Yoga | 7:30 - 8:15am

Focus and flow

Sound Healing | 5:30 to 6:15pm

Relax and ease your jetlag

THURSDAY

Group Workout | 7:30 - 8:15am

Interval strength training

FRIDAY

Yoga | 5:30 - 6:15pm

Calming flow

SATURDAY

Mat Pilates | 8 - 8:45am

Gentle flow

SUNDAY

Yoga | 8 - 8:45am

Energising flow