

WELLNESS AND LOCAL EXPERIENCES PERFECTLY FOR EVERYONE

Choose more than a hotel, choose a true hospitality experience. This month The Oriental Family is delighted to provide cultural & wellness activities and historical tours during your stay. There is something for everyone in your family and these experiences are offered with the hotel's compliments.

Our younger guests, aged 3 - 12, are welcome to use the Kids Club. It is located across the river, next to The Oriental Spa.

Advance bookings are required and subject to availability. Please contact our Concierge for reservations.

Alms Giving



Monday - Friday
7 am

Boat Tour



Saturday - Sunday
11 am

Voice Map Tour



**Available any day and any time at
your convenience.**

Oriental Journey

Tuesday and Thursday
2 pm

Kids Club

Thursday - Sunday
10 am - 6 pm

FITNESS & WELLNESS ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga for Chakras 8 - 8:45 am	Sun Salutations 8 - 8:45 am	Hatha Yoga 8 - 8:45 am	Vinayasa Yoga 8 - 8:45 am	Power Yoga 8 - 8:45 am	Yoga for Better Brain Health 8 - 8:45 am	Meditative Yoga 8 - 8:45 am
MOTR® Workout 12 - 12:45 pm	Muay Thai (for beginners) 12 - 12:45 pm	Cardio Workout 12 - 12:45 pm	Fitball Workout 12 - 12:30 pm	Muay Thai (for beginners) 12 - 12:45 pm	HIIT 12 - 12:30 pm	Mobility Exercise 12 - 12:30 pm
Glutes Workout 3 - 3:30 pm	Meditation & Relaxation (for better sleep) 3 - 3:30 pm	Core Exercise 3 - 3:30 pm	Stretch & Recover 3 - 3:30 pm	Fusion Workout 3 - 3:30 pm	Muay Thai (with champion) 5 - 5:45 pm	Meditation & Relaxation (for better sleep) 3 - 3:30 pm
						