

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
7.00 am

Boat Tour



Saturday - Sunday
11.00 am

Voice Map Tour



Available any day and any time at your convenience.

Oriental Journey

Tuesday and Thursday
2.00 pm

Kids Club

Thursday - Sunday
10.00 am - 6.00 pm

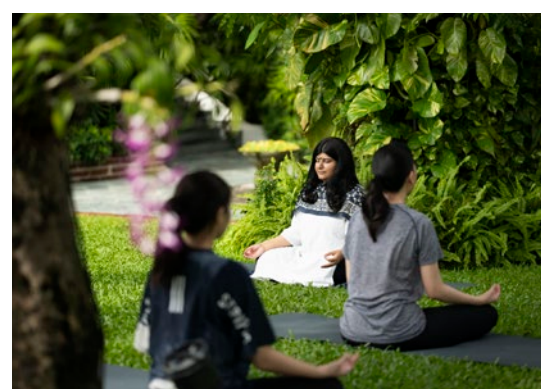
FITNESS & WELLNESS ACTIVITIES

Monday

Meditative Yoga
(Flow into the calm)
8.00 - 8.45 am

Stick Workout
12.00 - 12.45 pm

Kids Yoga (6 - 13 years old)
3.00 - 3.30 pm



Tuesday

Yoga (Back to Basics)
8.00 - 8.45 am

MOTR®
12.00 - 12.45 pm

Stretching for Kids
(6 - 13 years old)
3.00 - 3.30 pm



Wednesday

Sun Salutations
(A complete yoga workout)
8.00 - 8.45 am

Mobility
12.00 - 12.45 pm

Gym Ball Class for Kids
(6-13 years old)
3.00 - 3.30 pm

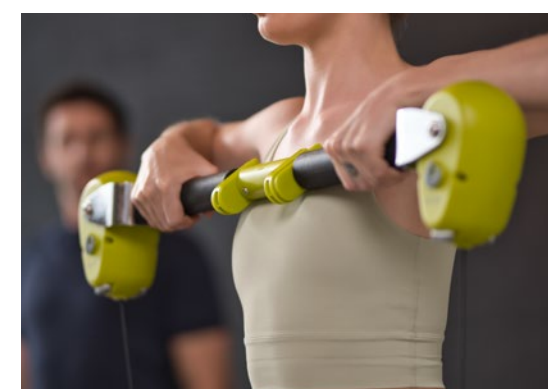


Thursday

Power Yoga
8.00 - 8.45 am

Fitness Foam Roller
Exercises for Pain Relief
12.00 - 12.45 pm

Fundamentals of Movement
for Kids (6 - 13 years old)
3.00 - 3.30 pm



Friday

Yoga Asanas
8.00 - 8.45 am

Muay Thai (For beginners)
12.00 - 1.00 pm

Muay Thai for Kids
(6 - 13 years old)
3.00 - 3.30 pm



Saturday

Yoga Asanas & Meditation
for Stress Relief
8.00 - 8.45 am

Stretching for Kids
(6 - 13 years old)
3.00 - 3.30 pm

Muay Thai (For beginners)
5.00 - 6.00 pm



Sunday

Sun Salutations
(A complete yoga workout)
8.00 - 8.45 am

Spirit of Breath & Meditation
12.00 - 12.45 pm

Tennis Lesson for Kids
(6 - 13 years old)
3.00 - 3.30 pm

