



## FITNESS & WELLNESS CENTRE

Complimentary Fitness and Yoga Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<b>Yoga for Chakras</b> 8 - 8:45 am	<b>Sun Salutations</b> 8 - 8:45 am	<b>Hatha Yoga</b> 8 - 8:45 am	<b>Vinayasa Yoga</b> 8 - 8:45 am	<b>Power Yoga</b> 8 - 8:45 am	<b>Yoga for Better Brain Health</b> 8 - 8:45 am	<b>Meditative Yoga</b> 8 - 8:45 am
<b>MOTR® Workout</b> 12 - 12:45 pm	<b>Muay Thai (for beginners)</b> 12 - 12:45 pm	<b>Cardio Workout</b> 12 - 12:45 pm	<b>Fitball Workout</b> 12 - 12:30 pm	<b>Muay Thai (for beginners)</b> 12 - 12:45 pm	<b>HIIT</b> 12 - 12:30 pm	<b>Mobility Exercise</b> 12 - 12:30 pm
<b>Glutes Workout</b> 3 - 3.30 pm	<b>Meditation &amp; Relaxation (for better sleep)</b> 3 - 3.30 pm	<b>Core Exercise</b> 3 - 3.30 pm	<b>Stretch &amp; Recover</b> 3 - 3.30 pm	<b>Fusion Workout</b> 3 - 3.30 pm	<b>Muay Thai (with champion)</b> 5 - 5:45 pm	<b>Meditation &amp; Relaxation (for better sleep)</b> 3 - 3.30 pm

Please note: Yoga is best practised on an empty stomach. Please try to avoid eating a heavy meal for at least 2 hours prior to your Yoga session. Please dress comfortably with no belts or buckles.

We recommend you consult your physician in case of specific health concerns before commencing fitness practices. Please inform us of any health issues or concerns before the session begins so that you receive both the required attention and maximum benefit from the programme. The spots are available on a first-come, first-serve basis.

Private Yoga and fitness sessions are available upon request. Kindly contact the Fitness & Wellness Centre at extension 7430 or 7431 for more information or to make a booking.