



FITNESS & WELLNESS CENTRE

Complimentary Fitness and Yoga Sessions

Monday	Meditative Yoga 8 - 9am	Fat Burn Workout 11 - 11.45am	Cardio Light 3.30 - 4pm
Tuesday	Fat Burn Workout (outdoor) 8 - 8.45am	Fat Burn Workout 2.30 - 3pm	Glutes Workout 4.30 - 5pm
Wednesday	Cardio Light (outdoor) 8 - 8.45am	Tennis Lesson 12 - 12.30pm	Core Burn 4.30 - 5pm
Thursday	Dynamic Yoga 8 - 9am	Stretching 2.30 - 3pm	HIIT Training 4.30 - 5pm
Friday	Sun Salutations (A complete Yoga Workout) 8 - 8.45am	Core Burn 2.30 - 3.15pm	Stretching 4.30 - 5pm
Saturday	Meditative Yoga 8 - 9am	Cardio Light 2 - 2.45pm	Circuit Training 4.30 - 5pm
Sunday	Sun Salutations (A Complete Yoga Workout) 8 - 8.45am	Core Burn 11.30am - 12.15pm	Tennis Lesson 3.30 - 4pm

Please note: We can accommodate up to 4 people. We also kindly ask that guests arrive 5 minutes before the class begins. Our Fitness & Wellness Centre is located across the river, just past the lotus pond.

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.

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