

FITNESS CENTRE

Complimentary Fitness & Wellness Sessions



Monday	Meditative Yoga 7.30 - 8.30 hrs.	Pranayama (Breathing Excercises) 17.30 - 18.00 hrs.	Zumba Dance 18.00 - 19.00 hrs.
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Tuesday	Dynamic Yoga 7.30 - 8.30 hrs.	Mantra & Meditation 16.30 - 17.00 hrs. hrs.	Pilates 17.00 - 18.00 hrs.
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Wednesday	Sattvic Yogic Lifestyle 07.30 - 8.30 hrs.	Yoga Asanas 17.30 - 18.30 hrs.	Cardio Light 18.30 - 19.00 hrs.
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Thursday	Meditative Yoga 7.30 - 8.30 hrs.	Fit Ball Workout 15.00 - 15.45 hrs.	Stretching 18.00 - 18.30 hrs.
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Friday	Flow Yoga (Intermediate Level) 07.30 - 08.30 hrs.	Pilates 15.00 - 16.00 hrs.	Freestyle Workout 18.00 - 19.00 hrs.
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Saturday	Flow Yoga (Intermediate Level) 07.30 - 08.30 hrs.	Thai Boxing (Beginner Level) 17.30 - 18.30 hrs.	HIIT Training 18.30 - 19.15 hrs.
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Sunday	Sun Salutations (A Complete Yoga Workout) 07.30 - 8.15 hrs.	Fat Burn Workout 16.00 - 16.30 hrs.	Stretching 18.30 - 19.00 hrs.
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Please note: We can accommodate a maximum of 8 people in our Thai Boxing classes and 10 people in our Yoga sessions. Due to these space limitations, the bookings for these activities are based on a first come & first serve basis. We also kindly ask that guests arrive 5 minutes before their classes begin. The Fitness 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. 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/Thai Boxing/Fitness sessions are available upon request. Kindly contact the Fitness Centre at extension 7430 or 7431 for more information or to make a booking.