







MIND & BODY STUDIO

GROUP EXERCISE CLASSES



FITNESS & WELLNESS

	MON	TUE	WED	THU	FRI
MORNING (AM)					
07:30	Yoga 07:30 – 08:30	Integrated Yoga 07:30 – 08:30	Yoga 07:30 – 08:30		Yoga 07:30 – 08:30
08:30				Power Stretch Yoga 08:30 – 09:30	
EVENING (PM)					
18:30				Arke™ Express 18:30 – 19:00	Dynamic Yoga 18:30 – 19:30
19:00	Arke™ Express 19:00 – 19:30		Yoga (75mins) 19:00 – 20:15		

MIND		BODY	
Improve your flexibility. Develop your strength. Our Mind classes create equilibrium in body flexibility and strength. Suitable for all fitness levels.		Motivating, fun and fierce to get you moving. Our Body classes combine elements of body conditioning and strength training targeted at shaping and toning the body. Suitable for all fitness levels.	
 Yoga	Use postures (asanas) and stretches in combination with the breath (pranayama) and meditation techniques to develop flexibility and relaxation. This Hatha-based class encourages alignment of your body.	 Zumba®	Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™. It blends great music with contagious steps to form a “fitness-party” that is downright addictive.
 Integrated Yoga	Integrated Yoga fuses traditional yoga flow sequences with targeted core exercises and cardio elements that promote natural detoxification. This is a great class for all levels and will leave you feeling balanced and energized.	 Arke™ Express	A 30mins high intensity core functional class in a circuit workout setting using Technogym’s ARKE™ equipment. You will increase co-ordination, stability, balance, flexibility, strength and power as well as gradually improving your speed-agility-reaction time and cardio fitness.
 Dynamic Yoga	Create strength, stability, and support for the spine and the whole body by syncing breath and movement in continual flow. This class is designed to challenge the body with balancing, twisting, stretching and inversions. Find energy in yourself.		
 Power Stretch Yoga	Improve flexibility and attain deeper relaxation by using longer holds in the postures releasing stress and tension from joints and muscles. This slower and meditative practice provides a great stretch from head to toe and is ideal for athletes.		

Price per session:

- Complimentary for Gold and Platinum Members
- RM 50 net for 60mins/75mins classes and RM25 net for 30mins classes for Pure Tennis Members and Hotel Guests

We recommend arriving to the studio 10 minutes before the class commences.