

ACTIVITY SCHEDULE

6 JANUARY – 2 FEBRUARY 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
AM MORNING	HAPPY MONDAY MORNING FLOW <i>Grokker Virtual Class</i> 08:00 – 08:20 Mind & Body Studio	SUNRISE YOGA <i>Grace</i> 07:00 – 08:00 Pooldeck (outdoors)	BEYOND SIT UPS <i>Grokker Virtual Class</i> 08:00 – 08:15 Mind & Body Studio	ENERGIZING FLOW <i>Grokker Virtual Class</i> 08:00 – 08:40 Mind & Body Studio		TENNIS CLINICS <i>Cristian</i> 10:00 – 11:00 Tennis Court <i>— no class on 18th and 25th —</i>	
		BEYOND SIT UPS <i>Grokker Virtual Class</i> 10:00 – 10:15 Mind & Body Studio	BREATH MEDITATION <i>Grokker Virtual Class</i> 09:00 – 09:20 Mind & Body Studio		BEYOND SIT UPS <i>Grokker Virtual Class</i> 09:00 – 09:15 Mind & Body Studio	VINYASA FLOW <i>Marco</i> 10:00 – 11:00 Mind & Body Studio <i>— no class on 25th —</i>	
PM AFTERNOON & EVENING	PILATES SPRING SCULPT <i>Tanya</i> 14:00 – 15:00 Mind & Body Studio <i>— no class on 27th —</i>	CARDIO TENNIS All levels <i>Cristian</i> 18:30 – 19:30 Tennis Court <i>— no class on 21st and 28th —</i>		RUNNING CLUB <i>Thana</i> 18:00 – 19:00 KLCC Park (meet at F&W Reception)			PILATES FOR A STRONG CORE <i>Grokker Virtual Class</i> 17:00 – 17:20 Mind & Body Studio
	HIIT CIRCUIT <i>Fitness Instructors</i> 18:00 – 19:00 Mind & Body Studio	MINDFUL EVENING FLOW <i>Grokker Virtual Class</i> 20:00 – 20:30 Mind & Body Studio	YIN (75mins) <i>Liang</i> 19:00 – 20:15 Mind & Body Studio	BREATH MEDITATION <i>Grokker Virtual Class</i> 20:00 – 20:20 Mind & Body Studio	PILATES FOR A HEALTHY BACK <i>Grokker Virtual Class</i> 19:00 – 19:20 Mind & Body Studio	BREATH MEDITATION <i>Grokker Virtual Class</i> 18:00 – 18:20 Mind & Body Studio	
DAILY ACTIVITIES							
05:00 – 23:00	WORKOUT OF THE DAY Fitness Centre – When visiting the Fitness Centre, complete our daily changing workout of the day (WOD), a sequence of exercises guided by our Fitness Instructors to improve strength and cardio fitness. Complimentary.						
10:00 – 22:00	GOLF RAIN OR SHINE Indoor Golf – Experience 48 world-renowned golf courses on our virtual golf simulators to make lasting improvements to your game. RM125 per hour for Fitness & Wellness Members and Hotel Guests, RM250 for External Guests.						

CLASS DESCRIPTIONS

YOGA

SUNRISE YOGA

Greet the sun and find peace in the buzzing city with an invigorating and energizing outdoor Yoga class. A Vinyasa based flow of movements will gradually awaken your mind and body while energizing and setting your intentions for the day. Strengthening, balancing, warming, & grounding translating to a clear, efficient, positive mental approach to any challenge your day may bring. All levels welcome.

VINYASA FLOW

A more dynamic approach to Vinyasa sequences. You have the freedom to explore more challenging poses, based on your practice experience. Expect a great cardiovascular, strength and flexibility focused practice, combined with breath work, and punctuated with longer holding postures to build inner strength and outer calm. For advanced beginners and intermediate practitioners.

YIN

A practice that involves holding the poses for longer periods to access and lengthen the connective tissues, go deeper into the stretch and explore the full range of a joints' motion. Yin Yoga is a great way to balance your active life pursuits and allow your body to tilt back to the equilibrium of the Yin and Yang life forces while immersing in a meditative and calm state of mind. Ideal for practitioners with minor injuries, restricted movement or suffering from stress.

PILATES

PILATES MAT WORK

Instructed by a certified Body Control Pilates® trainer, these classes focus on the core principles of Pilates Mat Work in a safe yet challenging manner. Everyone works mindfully so that proper alignment and muscular development are achieved. Focuses on better understanding and proper execution of the exercises in the method, and how they build towards the more complex repertoire. All levels welcome.

FITNESS

HIIT CIRCUIT

A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and improve your cardio fitness. All fitness levels welcome.

RUNNING CLUB

Walk, jog or run with us. Every Thursday at 6pm, meet Fitness Instructor Thana and fellow runners at the Fitness & Wellness Concierge desk (Level 3) for a guided run around KLCC Park. After a brief warm-up, follow the running track at your own pace. Whether you are training for a specific challenge or simply want to keep fit while discovering the city of Kuala Lumpur, come join us for miles and smiles. Adapted to all levels. Weather permitting. No advance booking is required.

TENNIS

TENNIS CLINICS

Tennis Clinics incorporate PBI teaching concepts, which are designed to give adult players of all levels/abilities knowledge of the game, a solid workout, and a good time. A *minimum of 2 participants* are required for this class to be run. Weather permitting.

CARDIO TENNIS

Come join our fun, sociable, group fitness class! Open to all fitness and skill levels. This is a high-energy program, with adult players having the opportunity to get their heart rate up in a circuit setting, while hitting numerous tennis balls. A *minimum of 2 participants* are required for this class to be run. Weather permitting.

VIRTUAL CLASSES

Complimentary screening and participation at Mind & Body Studio



HAPPY MONDAY MORNING FLOW
17 minutes Yoga with Celeste Pereira

BREATH MEDITATION
20 minutes Meditation with Mark Coleman

ENERGIZING FLOW
40 minutes Yoga with Celeste Pereira

PILATES FOR A STRONG CORE
19 minutes Pilates with Lottie Murphy

MINDFUL EVENING FLOW
31 minutes Yoga with Celeste Pereira

PILATES FOR A HEALTHY BACK
20 minutes Pilates with Lottie Murphy

GENTLE EVENING YOGA
25 minutes Yoga with Celeste Pereira

BEYOND SIT UPS
14 minutes Workout with Sam Skelton

FEES

per session	Fitness & Wellness Members	Hotel Guests	External Guests
Yoga	Complimentary	RM50	No access (except Sunrise Yoga RM65)
Pilates	Complimentary	RM50	RM75
Fitness	Complimentary	RM50	No access
Tennis Clinics	RM85	RM95	RM95 + Basic or Premier Tennis Access
Cardio Tennis	RM70	RM80	RM80 + Basic or Premier Tennis Access
GROKKER Virtual Wellness	Complimentary		No access

A 12 hours cancellation and no-show policy applies to pre-booked classes.