



Fitness and Wellness Programmes

Take advantage of these wellness activities curated by our fitness experts.

MONDAY

HIIT | 7:15 - 8:15am

Tone up and power through

TUESDAY

Yoga | 6:30 - 7:30pm

Serenity

WEDNESDAY

Group Workout | 7:15 - 8:15am

Interval Strength Training

THURSDAY

Yoga | 6:30 - 7:30pm

Unwind Your Mind and Body

FRIDAY

Yoga | 7:15 - 8:15am

Energising flow

SATURDAY

Yoga | 9:30 - 10:30am

Restorative

SUNDAY

Mat Exercise | 8 - 9am

Core workout

