



## Fitness and Wellness Programmes

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

### MONDAY

**HIIT | 6 - 7pm**

*Tone up and power through*

### TUESDAY

**Stretch & Breathe | 6 - 7pm**

*Unwind your mind and body*

### WEDNESDAY

**Yoga | 6 - 7pm**

*Stress relief*

### THURSDAY

**Group Workout | 7:30 - 8:30am**

*Interval strength training*

### FRIDAY

**Yoga | 7:30 - 8:30am**

*Energising flow*

### SATURDAY

**Yoga | 9:30 - 10:30am**

*Energising flow*

### SUNDAY

**Mat Exercise | 8 - 9am**

*Core workout*

