

WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	9.00-9.50	14.00-14.30 Complimentary class At the yoga sala	15.00-15.50	16.00-16.50	17.00-17.50
Monday	Morning yoga @ Yoga sala 800++/pax	Beach exercise @ Amatara beach 800++/pax	Introduction to Meditation	Pilates mat class @ Fitness studio 800++/pax	Muay Thai @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Tuesday	Morning yoga @ Yoga sala 800++/pax	Circuit class @Fitness studio 800++/pax	Breathing exercise	Muay Thai @ Fitness studio 800++/pax	Stretching & Fitball @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Wednesday Sunrise yoga 6.30-7.20am @Sun & Moon Complimentary	Morning yoga @ Yoga sala 800++/pax	Muay Thai @ Fitness studio 800++/pax	Little stretch	TRX @ Yoga sala 800++/pax	Pilates mat class @ Fitness studio 800++/pax	Yin yoga @ Yoga sala 800++/pax
Thursday	Morning yoga @ Yoga sala 800++/pax	Beach exercise @ Amatara beach 800++/pax	Breathing exercise	Muay Thai @ Fitness studio 800++/pax	Body combat class @Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Friday	Morning yoga @ Yoga sala 800++/pax	Pilates mat class @ Fitness studio 800++/pax	Aeroboxing	Stretching & Fitball @ Fitness studio 800++/pax	Muay Thai @ Fitness studio 800++/pax	Yin yoga @ Yoga sala 800++/pax
Saturday	Morning yoga @ Yoga sala 800++/pax	Pilates mat class @ Fitness studio 800++/pax	Breathing exercise	Muay Thai @ Fitness studio 800++/pax	Circuit class @Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax
Sunday	Morning yoga @ Yoga sala 800++/pax	Circuit class @Fitness studio 800++/pax	Little stretch	Muay Thai @ Fitness studio 800++/pax	Pilates mat class @ Fitness studio 800++/pax	Vinyasa yoga @ Yoga sala 800++/pax

- Venue of activities can be changed according to weather condition. This schedule is subject to change without notice
- 5 class pass can be purchased for 3,000++, valid for all group classes
- All rates are subject to 10% service charge and 7% government tax
- Classes run for 50 minutes

PRIVATE FITNESS & YOGA SESSIONS

In addition to our class schedule, we offer the following private sessions in order to customize and deepen your fitness or yoga practice:

Kayak or stand-up paddle board* 1,200++ per hour per person	Pilates reformer 2,200++ for individual private session 2,800++ for couple	Meditation 2,800++ for individual private session 3,400++ for couple	Yoga 2,200++ for individual private session 2,800++ for couple
TRX 2,200++ for individual private session 2,800++ for couple	Swimming lesson for adults 2,200++ for individual private session	Core bag and kettlebell training 2,200++ for individual private session 2,800++ for couple	Muay Thai 2,200++ for individual private session 2,800++ for couple
	Pelvic floor and lower abdominal strengthening* 3,200++ for individual private session *with physiotherapist	Tennis* 1,200++ per hour with tennis partner	

- *Kayaks and paddle boards are available for lending, free of charge
- *Tennis court is available free of charge, booking in 1 hour slots. Tennis partner, if booked, is at basic level only
- All rates are subject to 10% service charge and 7% government tax
- To book a class or private session please visit or call the spa reception (7701) or the fitness centre (7815) between 10am-8pm
- Please book 1 day in advance for private sessions