

# Weekly Wellness Activities

Refresh your mind, body, and spirit with a curated selection of rejuvenating experiences. From movement to mindfulness, each session is designed to inspire balance, relaxation, and inner harmony.

## Monday

*Sunrise Yoga*  
06:15 - 07:00

*Mindfulness  
Meditation\**  
Time: 11:00 - 12:00

*Breath Work\**  
Time: 17:30 - 18:30

## Tuesday

*Step Aerobics\**  
Time: 11:00 - 12:00

*Yin Yoga\**  
Time: 17:30 - 18:30

## Wednesday

*Sunrise Yoga*  
Time: 06:15 - 07:00

*HIIT\**  
Time: 11:00 - 12:00

*Kids Tennis Clinic*  
Time: 16:00 - 17:00

## Thursday

*Hatha Yoga\**  
Time: 11:00 - 12:00

*Vinyasa\**  
Time: 17:30 - 18:30

## Friday

*Sunrise Yoga*  
Time: 06:15 - 07:00

*Kids Yoga*  
Time: 10:00 - 11:00

*Adults Social Tennis*  
Time: 16:00 - 17:00

## Saturday

*Trataka Meditation\**  
Time: 17:30 - 18:30

## Sunday

*Tibetan Sound Healing\**  
Time: 11:00 - 12:00

*Mat Pilates\**  
Time: 17:30 - 18:30

\*Supplimentary charges may apply for these activities.

Charges are in USD, subject to 10% service charge and 17% goods & services tax. Prices are subject to change without prior notice.