

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 16% goods & services tax. Prices are subject to change without prior notice.