

mon

tue

wed

thu

fri

sat

sun

31

9.00 MuscleFit
10.00 Bodyform
11.00 Breathing

01

9.00 Tabata
10.00 Stretching
11.00 Bodyform

02

9.00 BackFit
10.00 Fatburner
11.00 Meditation

03

04

05

06

9.00 Xpress
10.00 Meditation
11.00 BBP

07

9.00 MorningFit
10.00 Stretching
11.00 HIIT

08

9.00 Jogging
10.00 Fatburner
11.00 Therabands

09

10

11

9.00 Breathing
10.00 Tabatamania
11.00 ABS

12

9.00 Fullbody
10.00 Stretching
11.00 HIIT

13

8.00 Jogging
9.00 Elastics
10.00 Bodyworks

14

15

16

17

18

19

20

9.00 Pilates
10.00 Fullbody
11.00 Stretching

21

8.00 Nordic Walking
9.00 HealthyBack
10.00 Fatburner

22

8.00 Jogging
9.00 HIIT
10.00 Stretching

23

24

25

26

27

8.00 GoodMorning
9.00 Bodyworks
10.00 Stretching

28

8.00 Breathing
9.00 HIIT
10.00 ABS

29

9.00 Pilates
10.00 TABATA
11.00 Stretching

30

CUSTOMIZED PERSONAL TRAINING SESSIONS AVAILABLE UPON REQUEST

The activities are complimentary to all our in-house guests and bookable upon availability
Please contact [our concierge](#) for info & booking