



WELLNESS ACTIVITIES CALENDAR

MONDAY

Zumba
7.00PM - 8.00PM | Garden Gazebo, L8

TUESDAY

BATT (*Buttocks, Abs, Tummy and Thighs*)
7.00PM - 8.00PM | Garden Gazebo, L8

WEDNESDAY

Head & Shoulder Massage*
6.00PM - 8.00PM | The Living Room, L22

Boot Camp
7.00PM - 8.00PM | Garden Gazebo, L8

THURSDAY

Foot Massage*
6.00PM - 8.00PM | The Living Room, L22

BATT (*Buttocks, Abs, Tummy and Thighs*)
7.00PM - 8.00PM | Garden Gazebo, L8

FRIDAY

Head & Shoulder Massage*
6.00PM - 8.00PM | The Living Room, L22

Boot Camp
7.00PM - 8.00PM | Garden Gazebo, L8

SATURDAY

Zumba
8.00AM - 9.00AM | Garden Gazebo, L8

Foot Massage*
6.00PM - 8.00PM | The Living Room, L22

SUNDAY

Morning Yoga
8.00AM - 9.00AM | Garden Gazebo, L8

Head & Shoulder Massage*
6.00PM - 8.00PM | The Living Room, L22

**Exclusive for Club Room and Suite Guests Only*

Terms & Conditions
Activities and slots are subject to availability.
Booking lead time of 2 days is required for all activities.
Programme is subject to change without prior notice.
For enquiries and reservations, please approach our Concierge for assistance.

MORNING YOGA

Start your day with a calm and relaxing yoga session aimed to improve your respiration and vitality. Refresh your body and mind through the different breathing techniques and feel the flow of energy throughout your body.

BATT (*Buttocks, Abs, Tummy and Thighs*)

A highly intensive yet slow paced workout that uses a variety of equipments along with aerobic techniques to tone your muscles and burn fats.

BOOT CAMP

A 60-minute heart-pumping full body workout aimed at increasing your metabolism rate and burning calories - perfect for improving your cardiovascular fitness.

ZUMBA

Aimed at improving coordination and cardiovascular fitness, this 60-minute aerobic class incorporates upbeat rhythms with simple dance choreography for a sweat induced workout.

HEAD AND SHOULDER MASSAGE

Relieve the mental and physical stress of the day with a head and shoulder massage. Unwind and recharge with this 10-minute session that aims to loosen your tight knots, promote blood circulation and improve your quality of sleep.

FOOT MASSAGE

Relieve your tired feet with a relaxing foot massage aimed at reducing tension and boosting circulation while promoting better rest.

