



SUMMER WELLNESS

"Glow into balance this summer, and let your wellness radiate with the warmth of the season."



MONDAY

07:00 - 07:45
Sunrise Yoga
at Spa Pavillion

11:30 - 12:15
Face Mapping
Philosophia Botanica
Workshop
at Spa Viharaa

17:00 - 17:45
CrossFit
at Ozenergy

TUESDAY

07:00 - 07:45
Cardio Strength
at Ozenergy

11:30 - 12:15
Full Body Workout
at Ozenergy

17:00 - 17:45
Sound Immersion with
Handpan
at Spa Pavillion

WEDNESDAY

07:00 - 07:45
Full Body Stretch
at Ozenergy

11:30 - 12:15
Palm Healing Touch
Spa Garden
at Spa Viharaa

17:00 - 17:45
Aqua Fitness
at Main Pool

THURSDAY

07:00 - 07:45
Hatha Yoga
at Spa Pavillion

11:30 - 12:15
Core Sculpt
at Ozenergy

17:00 - 17:45
Yin Yoga
at Spa Pavillion

FRIDAY

07:00 - 07:45
Tai - Chi Gong
at Spa Pavillion

11:30 - 12:15
Face Mapping
Philosophia Botanica
Workshop
at Spa Viharaa

17:00 - 17:45
Sound Healing
at Spa Pavillion

SATURDAY

07:00 - 07:45
Mat Pilates
at Ozenergy

11:30 - 12:15
Make your own
Coconut Oil Workshop
at Spa Viharaa

17:00 - 17:45
Abs & Glutes Session
at Ozenergy

SUNDAY

07:00 - 07:45
Rise & Shine Yoga
at Spa Pavillion

11:30 - 12:15
Aqua Aerobic
at Main Pool
& Sunday Smoothie
at Spa Viharaa

17:00 - 17:45
Tai - Chi Gong
at Spa Pavillion

Please contact your Butler to reserve your space.
#wellnessyourway | www.ele-na.com

