



SUMMER WELLNESS

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



MONDAY

11:00 - 11:45
SPA Workshop -
Acupressure Point
Face Massage
at Sang Bar

TUESDAY

07:00 - 07:45
Sunrise Yoga
at Sang Bar

16:30 - 17:00
Cardio Strength
at Gym

WEDNESDAY

07:00 - 07:45
Balancing Yoga
at Sang Bar

10:30 - 11:00
CrossFit Training
at Gym

THURSDAY

10:30 - 11:00
Body Pump
at Gym

11:00 - 11:30
Core Stability
at Gym

FRIDAY

07:00 - 07:45
Suryanamaskar Yoga
at Sang Bar

11:00 - 11:45
SPA Workshop -
Express Massage for
shoulders & hands
at Sang Bar

SATURDAY

07:00 - 07:45
Asana Yoga
Sang Bar

16:30 - 17:00
Functional Training
at Gym

SUNDAY

07:00 - 07:45
Floating Meditation
at Main Pool

10:30 - 11:00
HIIT Training at
at Gym

MONTHLY WELLNESS ACTIVITY

Full Moon Meditation

Date: 30th June 2026 | 18:15 - 19:00 | at Water Sport Beach

Weather Advisory: Due to rain, some events and workshops may be postponed or canceled.
Thank you for your understanding.

Please contact ELE|NA Ayur to reserve your space