



# 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

RAA BHANDI Bar & Pool

11:00 - 11:30

Sustainable scrub

Workshop

RAA BHANDI Bar

17:30 - 18:15

Floating Meditation

Adults Only Pool

## TUESDAY

07:00 - 07:45

Floating Meditation Adults

Only Pool

10:00 - 10:45

Full Body Workout

Fitness Center

11:00 - 11:30

Bamboo Massage Workshop

RAA BHANDI Bar & Pool

## WEDNESDAY

07:00 - 07:45

Stretch & Mobility

RAA BHANDI Bar & Pool

10:00 - 10:45

Aqua Fitness

Adults Only Pool

11:00 - 11:30

Coconut Shell Massage

Workshop

RAA BHANDI Bar & Pool

18:00 - 19:00

Sound Healing

Adult Pool

## THURSDAY

07:00 - 07:45

Sunrise Yoga

RAA BHANDI Bar & Pool

10:00 - 10:45

Total core Workout

Fitness Center

11:00 - 11:30

Hair mask making

Workshop

RAA BHANDI Bar & Pool

17:30 - 18:15

Circuit Functional

Fitness Centre

## FRIDAY

07:00 - 07:45

Full Body Workout

Fitness Center

10:00 - 10:45

HIIT Training

Fitness Center

18:00 - 19:00

Ginger & Pandan

Tea making

## SATURDAY

07:00 - 07:45

Hatha Yoga

RAA BHANDI Bar & Pool

10:00 - 10:45

Boot camp

Fitness Center

11:00 - 11:30

Trigger Point Therapy

Workshop

RAA BHANDI Bar & Pool

17:30 - 18:15

Cardio Blast

Fitness Center

## SUNDAY

07:00 - 07:45

Aqua Meditation

Adult Pool

10:00 - 10:45

Breathwork & Sound

Healing

Fitness Center

11:00 - 11:30

Skin Analysis & Marma

Massage Workshop

RAA BHANDI Bar & Pool

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

