



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 Sangs Bar

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

16:30 - 17:15
Calorie Crusher
at Gym

TUESDAY

07:00 - 07:45
Surya
Namaskar Yoga
at Sangs Bar

16:30 - 17:15
Abs Booster
at Gym

WEDNESDAY

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

10:30 - 11:15
Functional Fitness
at Gym

THURSDAY

07:00 - 07:45
Power Yoga
at Sangs Bar

16:30 - 17:15
Cardio Strength
at Gym

FRIDAY

07:00 - 07:45
Dynamic Stretching
at Sangs Bar

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

16:30 - 17:15
HIIT Training
at Gym

SATURDAY

10:30 - 11:15
Core & More
at Gym

16:30 - 17:15
Body Pump
at Gym

SUNDAY

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

16:30 - 17:15
CrossFit Training
at Gym

MONTHLY WELLNESS ACTIVITY

Full Moon Meditation

Date: 29th July 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

