



| Monday | | |
|------------------|---------------------|----------------------------------|
| 7:00am | Run by JW | Meeting Point: Wellness Pavilion |
| 7:30am | Mat Pilates | |
| 6:15pm | Sunset Yoga | |
| 6:45pm | Meditation | |
| Tuesday | | |
| 7:00am | Sunrise Yoga | Wellness Pavilion |
| 7:30am | Pranayama breathing | |
| 6:15pm | HIIT | |
| 6:45pm | Flat ABS | |
| Wednesday | | |
| 7:00am | Gym Stick exercise | Wellness Pavilion |
| 7:30am | Mat Pilates | |
| 6:15pm | Sunset Yoga | |
| 6:45pm | Meditation | |
| Thursday | | |
| 7:00am | Sunrise yoga | Wellness Pavilion |
| 7:30am | Pranayama breathing | |
| 6:15pm | HIIT | |
| 6:45pm | Abs Exercise | |
| Friday | | |
| 7:00am | Body Challenge | Wellness Pavilion |
| 7:30am | Stretching | |
| 6:15pm | Sunset Yoga | |
| 6:45pm | Meditation | |
| Saturday | | |
| 7:00am | Sunrise yoga | Wellness Pavilion |
| 7:30am | Pranayama breathing | |
| 6:15pm | Sunset Yoga | |
| 6:45pm | Meditation | |

Vishnu Lal - Wellness Instructor

Please contact our Spa Curator or your Thakuru for reservations, we recommend to sign up in advance.

Total durations of morning/evening wellness session is for 45minutes