

Group Wellness Activities:

Sunrise Stretching – Mon to Sat from | 07h30 – 08h00

Venue: Baani Yoga Studio

Sunset Yoga – Tue/ Thu / Sat from |. 17h30 – 18h15

Venue: Sunset Jetty

Hatha Yoga – Mon/ Wed/ Fri from |. 17h00 – 17h45

Venue: Baani Deck

Guided Meditation – Mon & Fri from | 18h00 – 18h30

Venue: Baani Yoga Studio

Baani Sound Healing – Wed & Sun

Venue: Baani Yoga Studio

Aqua Aerobics – Every Wednesday from 10h00 – 11h00

Venue: Ufaa main pool

Private Wellness Activities:

In addition to group activities, Uday our wellness activity guide offers private session and activities to enhance the wellbeing and fitness during your holiday with us.

Private Yoga Session (60 mins)

Single	\$60	
Couple		\$100

Strength Training (60 mins)

Single	\$60	
Couple		\$100

Core Focused (60 mins)

Single	\$60	
Couple		\$100

HIT (60 mins)

Single	\$60	
Couple		\$100

Circuit Training (60 mins)

Single	\$60	
Couple		\$100

Packaging (4 days / 60 mins per day)

Single	\$200	
Couple		\$380

Winter 2025/2026 & Summer 2026 Version 28/04/25