

WELLNESS ACTIVITIES CALENDAR

Date/ time 8.00-8.50

Monday
Hatha yoga
@Yoga sala
800++/person

Tuesday
Muay Thai
@ Fitness studio
800++/person

Wednesday
Gentle flow yoga
@Yoga sala
800++/person

Thursday
Pilates mat class
@ Fitness studio
800++/person

Friday
Gentle flow yoga
@Yoga sala
800++/person

Saturday
Yin yoga
@Yoga sala
800++/person

Sunday
Hatha yoga
@Yoga sala
800++/person

Guide to classes

Aqua fitness	A fun, low impact workout that will assist both muscular strength and cardiovascular fitness.
Breathing exercise	A combination of gentle stretching and practices to improve lung capacity and quality of breathing.
Flow yoga	Experience a series of yoga postures done in a rhythmic flow synchronized with breathing to improve muscle flexibility, strength and endurance
Hatha yoga	A lower intensity, traditional form of yoga that combines classical postures with breathing.
HIIT workout	High intensity interval training (HIIT) is a cardio based body weight workout that improves fitness and burns fat!
Yoga for beginner	A tailor-make slow movement yoga session suitable for anyone who would like to enjoy practicing yoga.
Yoga for core	A sequence of Yoga movement that focus to engage abdominal and contribute core stability and balance.
Little stretch	A quick 30 minute session that focuses on flexibility.
Muay Thai	A high intensity cardio class based on Thai boxing moves to enhance fitness, flexibility, muscle tone and fat burning!
Pilates mat class	Pilates mat is a system of exercises with specific breathing patterns that work to tone the whole body and improve core and back strength specifically.
TRX	'Total resistance exercise'; TRX uses one's own body weight and a suspended strap with handles to improve core strength, body tone, alignment and coordination.
Vinyasa yoga	A more dynamic style of yoga that combines poses, yogic breathing and more rigorous flow for a stronger practice. This session is most suitable for those with some experience practicing yoga.
Yin yoga	Deep Stretching postures held for 1-3 minutes to release deep fascia tension, promote the production of new oxygen cells and improve flexibility/mobility.

