



Fitness and Wellness Programmes

Take advantage of these wellness activities curated by our fitness experts.

MONDAY

HIIT | 7:15 - 8:15 (Morning)

Tone up and power through

TUESDAY

Yoga | 18:30 - 19:30 (Evening)

Serenity

WEDNESDAY

Mat Pilates | 7:15 - 8:15 (Morning)

Core strength and alignment

THURSDAY

Yoga | 18:30 - 19:30 (Evening)

Unwind your mind and body

FRIDAY

Yoga | 7:15 - 8:15 (Morning)

Energising flow

SATURDAY

Yoga | 9:30 - 10:30 (Morning)

Restorative

SUNDAY

Family Fun HIIT | 9:00 - 10:00 (Morning)

Balanced play



Exclusively for in-house guests. Gather at the Fitness Centre in Level 5, at least 15 minutes in advance, to join the fitness sessions. Our HIIT and yoga classes are recommended for guests aged 16 and above. Children aged 5 and above may join the Family Fun HIIT session when accompanied by a parent or guardian.