



Fitness and Wellness Programmes

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

MONDAY

HIIT | 7:15 - 8:15am

Tone up and power through

TUESDAY

Yoga | 6:30 - 7:30pm

Serenity

WEDNESDAY

Strength Training | 7:15 - 8:15am

Build vitality

THURSDAY

Yoga | 6:30 - 7:30pm

Unwind your mind and body

FRIDAY

Yoga | 7:15 - 8:15am

Energising flow

SATURDAY

Yoga | 9:30 - 10:30am

Restorative

SUNDAY

Family Fun HIIT | 9 - 10am

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.