



# 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