

## RECREATION & WELLNESS ACTIVITIES

MEETING POINT: POOL TOWEL COUNTER

TIME	MONDAY	TUESDAY	WEDNESDAY
8:00 AM – 8:30 AM	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
8:30 AM – 9:00 AM	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
9:00 AM – 9:30 AM	AQUA DUMBBELLS FREE SESSION	AQUA DUMBBELLS FREE SESSION	AQUA DUMBBELLS FREE SESSION
10:00 AM – 10:30 AM	AQUA SPINNING AED 25 PER PERSON	AQUA SPINNING AED 25 PER PERSON	AQUA SPINNING AED 25 PER PERSON
11:00 AM – 11:30 AM	BODY COMBAT AED 50 PER PERSON	BODY COMBAT AED 50 PER PERSON	BODY COMBAT AED 50 PER PERSON
11:30 AM – 12:00 NN	ACTIVE STRETCHING AED 25 PER PERSON	ACTIVE STRETCHING AED 25 PER PERSON	ACTIVE STRETCHING AED 25 PER PERSON
2:00 PM – 2:30 PM	BODY PUMP AED 50 PER PERSON	STEP DANCE CLASS AED 50 PER PERSON	SHADOW BOXING AED 50 PER PERSON
4:00 PM – 4:30 PM	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON

**REGISTER NOW**

VISHNU (WELLNESS COACH) +971 52 821 9674 • CONTE (RECREATION) +971 54 344 2872

## RECREATION & WELLNESS ACTIVITIES

MEETING POINT: POOL TOWEL COUNTER

TIME	THURSDAY	FRIDAY	SATURDAY
8:00 AM – 8:30 AM	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING BREATH-WORK AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
8:30 AM – 9:00 AM	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION	MORNING YOGA AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
9:00 AM – 9:30 AM	AQUA DUMBBELLS FREE SESSION	AQUA DUMBBELLS FREE SESSION	AQUA DUMBBELLS FREE SESSION
10:00 AM – 10:30 AM	AQUA SPINNING AED 25 PER PERSON	AQUA SPINNING AED 25 PER PERSON	AQUA SPINNING AED 25 PER PERSON
11:00 AM – 11:30 AM	BODY COMBAT AED 50 PER PERSON	BODY COMBAT AED 50 PER PERSON	BODY COMBAT AED 50 PER PERSON
11:30 AM – 12:00 NN	ACTIVE STRETCHING AED 25 PER PERSON	ACTIVE STRETCHING AED 25 PER PERSON	ACTIVE STRETCHING AED 25 PER PERSON
2:00 PM – 2:30 PM	CIRCUIT WORKOUT AED 50 PER PERSON	STEP DANCE CLASS AED 50 PER PERSON	SHADOW BOXING AED 50 PER PERSON
4:00 PM – 4:30 PM	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON	MEDITATION BREAKS FOR DE-STRESS AED 50 PER PERSON

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TIME	SUNDAY
8:00 AM – 8:30 AM	<b>MORNING BREATH-WORK</b> AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
8:30 AM – 9:00 AM	<b>MORNING YOGA</b> AED 50 PER PERSON DURING STAY IN-HOUSE GUEST GET 1 FREE SESSION
9:00 AM – 9:30 AM	<b>AQUA DUMBBELLS</b> FREE SESSION
10:00 AM – 10:30 AM	<b>AQUA SPINNING</b> AED 25 PER PERSON
11:00 AM – 11:30 AM	<b>BODY COMBAT</b> AED 50 PER PERSON
11:30 AM – 12:00 NN	<b>ACTIVE STRETCHING</b> AED 25 PER PERSON
2:00 PM – 2:30 PM	<b>BODY PUMP</b> AED 50 PER PERSON
4:00 PM – 4:30 PM	<b>MEDITATION BREAKS FOR DE-STRESS</b> AED 50 PER PERSON

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