



Weekly Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa	8:00 AM to 8:45 AM Sunrise Yoga 45 Minutes Venue - Iridium Spa
11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio	11:00 AM to 12:15 PM Anti - Gravity Yoga 75 Minutes Venue - Yoga & Meditation Studio
4:00 PM to 5:00 PM Boot Camp Venue - Vommuli House	6:00 PM to 6:45 PM Sunset Meditation 45 Minutes Venue - Yoga & Meditation Studio	4:00 PM to 4:45 PM Jumping Fitness Venue - Yoga & Meditation Studio	4:00 PM to 5:00 PM Tabata HIIT Venue - Vommuli House	4:00 PM to 5:00 PM TRX Work out Venue - Vommuli House	4:00 PM to 5:00 PM Tabata HIIT Venue - Vommuli House	4:00 PM to 4:45 PM Jumping Fitness Venue - Yoga & Meditation Studio
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*We request guests to make all bookings in advance

*Please contact your personal butler to make a reservation

*We request all our guests to wear T-shirts with sleeves for Anti-Gravity yoga

*Anti-Gravity Yoga will be charged at USD 80 per person. Price is subject to taxes and service charge

*Personal Yoga and Fitness experiences are available upon request