



# Weekly Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 AM to 9:00 AM Sunrise Yoga 60 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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\*Advance booking is required to attend all the above activities and please contact your personal butler to arrange the booking.  
 \*All participants who are joining with any activities should required to wear fitness outfits during the sessions  
 \*For Anti-Gravity Yoga, it is mandatory to use the T-shirts with sleeves.  
 \*Anti-Gravity Yoga will be chargeable with USD 80++ Per person.  
 \*Personal Yoga and Fitness experiences are available upon requests.