



Daily Wellness Activities

YOGA AND FITNESS ACTIVITIES

Sunday

8:00 AM–9:00 AM	Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio
11:00 AM–12:15 PM	Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio
4:00 PM–5:00 PM	Boot Camp Venue-Vommuli House
6:00 PM–6:45 PM	Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio

Tuesday

8:00 AM–9:00 AM	Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio
11:00 AM–12:15 PM	Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio
6:00 PM–6:45 PM	Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio

Thursday

8:00 AM–9:00 AM	Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio
11:00 AM–12:15 PM	Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio
4:00 PM–5:00 PM	Tabata HIIT Venue-Yoga&Meditation Studio
6:00 PM–6:45 PM	Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio

Saturday

8:00 AM–9:00 AM	Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio
11:00 AM–12:15 PM	TRX Workout Venue-Yoga&Meditation Studio
4:00 PM–5:00 PM	Boot Camp Venue-Vommuli House
6:00 PM–6:45 PM	Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio

Monday

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Friday

8:00 AM–9:00 AM	Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio
11:00 AM–12:15 PM	Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio
4:00 PM–5:00 PM	Tabata HIIT Venue-Yoga&Meditation Studio
6:00 PM–6:45 PM	Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio

**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 Gravit Yoga, it is mandatory to use the T-shirts with sleeves.*
**Anti Gravit Yoga will be chargable with USD 80++ Per person.*
**Personal Yoga and Fitness experiences are available upon requests.*