



# Weekly Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45 am Sunrise Yoga 60 Minutes Venue - Iridium Spa	8:00 am to 8:45am 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 require 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.