



# WELLNESS ACTIVITIES CALENDAR

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

15-min Head & Shoulder Massage\*  
6.00PM - 8.00PM | The Living Room, L22

Sound Bowl Therapy  
7.00PM - 8.00PM | Garden Gazebo, L8

Zumba  
8.30AM - 9.30AM | Garden Gazebo, L8

15-min Foot Massage\*  
6.00PM - 8.00PM | The Living Room, L22

15-min Head & Shoulder Massage\*  
6.00PM - 8.00PM | The Living Room, L22

Morning Yoga  
8.30AM - 9.30AM | Garden Gazebo, L8

15-min Head & Shoulder Massage\*  
6.00PM - 8.00PM | The Living Room, L22

15-min Foot Massage\*  
6.00PM - 8.00PM | The Living Room, L22

*\*Exclusive for Club Room and Suite Guests Only*

### Terms & Conditions

- Massage sessions are available in 15-minute slots from 6.00PM to 8.00PM.
- Activities and massage slots are subject to availability.
- Booking lead time of 2 days is required for all activities.
- Programme is subject to change without prior notice.
- For enquiries and reservations, please approach our Concierge for assistance.

### MORNING YOGA

Start your day with a calm and relaxing yoga session aimed to improve your respiration and vitality. Refresh your body and mind through the different breathing techniques and feel the flow of energy throughout your body.

### SOUND BOWL THERAPY

Sound bowl therapy is the practice of using sound to promote healing and relaxation to the body and mind. Through the usage of Tibetan Singing Bowls, the frequency released creates soothing and calming tones, enabling you to reach a deep state of relaxation.

### ZUMBA

Aimed at improving coordination and cardiovascular fitness, this 60-minute aerobic class incorporates upbeat rhythms with simple dance choreography for a sweat induced workout.

### 15-MIN HEAD AND SHOULDER MASSAGE

Relieve the mental and physical stress of the day with a head and shoulder massage. Unwind and recharge with this 15-minute session that aims to loosen your tight knots, promote blood circulation and improve your quality of sleep.

### 15-MIN FOOT MASSAGE

Relieve your tired feet with a relaxing foot massage aimed at reducing tension and boosting circulation while promoting better rest.