

HIDEAWAY YOGA ACTIVITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-------|---|---|---|---|---|---|
| 07:00 | Traditional Indian Yoga North Point Beach <i>Complimentary</i> | Traditional Indian Yoga North Point Beach <i>Complimentary</i> | Traditional Indian Yoga North Point Beach <i>Complimentary</i> | Traditional Indian Yoga North Point Beach <i>Complimentary</i> | Traditional Indian Yoga North Point Beach <i>Complimentary</i> | Traditional Indian Yoga North Beach Point <i>Complimentary</i> |
| 10:00 | *Ashtanga Vinyasa Yoga Samsara <i>On request</i> | *Pranayama & Meditation Samsara <i>On request</i> | *Ashtanga Vinyasa Yoga Samsara <i>On request</i> | *Pranayama & Meditation Samsara <i>On request</i> | *Ashtanga Vinyasa Yoga Samsara <i>On request</i> | *Pranayama & Meditation Samsara <i>On request</i> |
| 15:00 | *Power Yoga Sunset Pool <i>On request</i> | *Aqua Aerobic Yoga Meeru Bar Pool <i>On request</i> | *Power Yoga Sunset Pool <i>On request</i> | *Aqua Aerobic Yoga Meeru Bar Pool <i>On request</i> | *Power Yoga Sunset Pool <i>On request</i> | *Aqua Aerobic Yoga Meeru Bar Pool <i>On request</i> |
| 16:30 | Hatha Yoga Sunset Pool <i>Complimentary</i> | Hatha Yoga Guest Gym <i>Complimentary</i> | Hatha Yoga Sunset Pool <i>Complimentary</i> | Hatha Yoga Guest Gym <i>Complimentary</i> | Hatha Yoga Sunset Pool <i>Complimentary</i> | Hatha Yoga Guest Gym <i>Complimentary</i> |

*Chargeable activity. All activities will be an hour duration.

Kindly be advised that this schedule is subject to change in case of bad weather condition.

For more information, queries or booking, please contact our Recreation desk,
Dial 865 or book through your butler.