



JOY ISLAND  
THE COCOON COLLECTION

# Wellness Program

## MONDAY

08:00 - 08:45

Hatha Yoga

11:00 - 11:45

Aqua Yoga – USD30 per person

16:30 - 17:15

Aerobic @fitness centre

18:00 - 18:45

Meditation & sound healing - USD25 per person

## TUESDAY

08:00 - 08:45

Astana Yoga

11:00 - 11:45

Aqua Aerobic – USD30 per person

16:30 - 17:15

Meditation & sound healing

18:00 - 18:45

Sunset Yoga & Meditation – USD25 per person

## WEDNESDAY

08:00 - 08:45

Power Yoga

11:00 - 11:45

Aqua Yoga – USD30 per person

16:30 - 17:15

Mat Pilates Class @ Fitness Centre – USD50 per person

18:00 - 18:45

Meditation & sound healing - USD25 per person

## THURSDAY

08:00 - 08:45

Yin Yoga

11:00 - 11:45

Aqua Aerobic – USD30 per person

16:30 - 17:15

Tabata Workout @ Fitness Centre – USD50 per person

18:00 - 18:45

Meditation & sound healing - USD25 per person

## FRIDAY

08:00 - 08:45

Hatha Yoga

11:00- 11:45

Aqua Yoga – USD30 per person

16:30 - 17:15

Abs Express- Fitness Centre – USD50 per person

18:00 - 18:45

Meditation & sound healing - USD25 per person

## SUNDAY

08:00 - 08:45

Brahman Yoga

11:00 - 11:45

Aqua Aerobic – USD30 per person

16:30 - 17:15

HIIT @ Fitness Centre

18:00 - 18:45

Sunset Yoga & Meditation - USD25 per person

Reservations required for Yoga classes.

Our private program and personalized coaching will help you stay on track and reach your goal at USD 50 per person. Available at any time convenient for you.

Kindly contact Reception for further details.