

SPA COMPLIMENTARY ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
07:00	Sunrise Yoga North Point Beach	Sunrise Yoga North Point Beach	Sunrise Yoga North Point Beach	Sunrise Yoga North Point Beach	Sunrise Yoga North Point Beach	Sunrise Yoga North Point Beach
10:00	Fly Yoga 15-minute Show Meeru Bar	Fly Yoga 15-minute Show Meeru Bar	Fly Yoga 15-minute Show Meeru Bar	Fly Yoga 15-minute Show Meeru Bar	Fly Yoga 15-minute Show Meeru Bar	Fly Yoga 15-minute Show Meeru Bar
15:00	Belly Dance* Samsara	Aqua Aerobic Yoga* Meeru Bar Pool	Belly Dance* Tender Hearts	Aqua Aerobic Yoga* Meeru Bar Pool	Belly Dance* Meeru Bar	Aqua Aerobic Yoga* Meeru Bar Pool
16:30	Hatha Yoga Sunset Pool	Zumba Guest Gym	Yin Yang Yoga Sunset Pool	Belly Dance Meeru Bar Pool	Hatha Yoga Sunset Pool	Zumba Guest Gym

*Chargeable activity. All activities will be of an hour duration.
Kindly be advised that this schedule is subject to change in case of bad weather condition.
We highly recommend to register a day in advance at the Spa Reception.