

DAILY WELLNESS ACTIVITIES SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07.30-08.30						Yoga	Pilates Mat
15.00-16.00	Fit Ball	TABATA	Pilates Mat	Body Weight	Fit Ball	Body Weight	Thai Boxing
16.00-17.00	Sunset Yoga	Thai Boxing Introduction	Yoga	Abdominal	TRX	Thai Boxing	Full Stretching

Remarks

- All wellness activities are complimentary for in-house guests and offered at The Quartz Studio.
- Each wellness session is approximately one hour and the participants are limited to four persons/class.
- The wellness session should be booked at least one day in advance at the Front Desk or dial extension number 505.
- All wellness session is subject to availability.
- The regulations and conditions are effective from 1 October 2021 onwards until further notice.
- The resort reserves the right to change the condition, schedule or cancellation without prior notice.