

Wellness Program



MONDAY TO THURSDAY

Morning Ocean Breeze Stretch 7:00am - 7:30am

Start your day with a refreshing and invigorating stretching routine by the ocean. Feel the soothing Ocean Breeze as you gently awaken your body and mind in this relaxing session, setting the perfect tone for a day of wellness and rejuvenation.

Waterfront Wellness Flow 9:00am - 9:30am

Immerse yourself in a unique wellness experience at the water. Connect with the tranquil surroundings as you flow through movements that harmonize body and mind, embracing the serenity of the waterfront setting for a truly refreshing and revitalizing experience.

Elemental Earth Yoga Journey 5:00pm - 5:30pm

Embark on a transformative yoga session that explores the elements of the earth as the year progresses. From grounding poses to dynamic flows, this session will guide you through a journey that connects you with nature and the changing seasons, fostering a deep sense of balance and harmony within. Sign off your year and step into your new vibe with this unique wellness experience.

FRIDAY TO SUNDAY

Zen & Fit Weekends

Aiming to captivate our guest's interests in well-being & highlight the unique blend of wellness, fitness, and mindfulness experiences

This Weekend Retreat was designed as a form of active recovery, allowing the body to recuperate from intense training periods or workflow. It will help maintain a base level of fitness while providing a mental break from the rigors of regular training.

FRIDAY

Sunrise Serenity Stretch 7:00am - 8:00am

Join us by the beach for a rejuvenating Stretching Routine that awakens your body and calms your mind, setting the tone for a day of tranquility and balance.

Aqua Strength & Cardio Blast 9:00am - 10:00am

Dive into our Main pool for an invigorating cardio and leg workout combining strength exercises to energize your body and cardio movements that uplift your stamina.

Yoguilates Fusion Flow 5:00pm - 6:00pm

Experience the harmonious blend of Yoga and Pilates in a Yoguilates session that integrates strength, flexibility, and mindful movement, creating a holistic balance of body and mind.

SATURDAY

Beachside Back & Core Bliss 7:00am - 8:00am

Start your morning with a fusion of Back and Core Strength exercises and stretches by the beach, building a strong foundation for vitality and well-being.

Pool Power Circuit 9:00am - 10am

Dip into the pool for a dynamic Cardio and Arm workout that challenges and strengthens, culminating in a Core-focused cardio routine that leaves you feeling empowered and energized.

Therapeutic Flow Awakening 5:00pm - 6:00pm

Immerse yourself in a session of Therapeutic Flow Yoga, guiding you towards restoration and rejuvenation, aligning body and spirit in perfect harmony.

SUNDAY

Sunrise Stretch & Breathe 7:00am - 8:00am

Embrace the day with a gentle Breathing and Stretching session by the beach, allowing you to connect with your breath and find inner peace as you greet the morning sun.

Aqua Leg Sculpt 9:00am - 10:00am

Engage in a strength workout focusing on sculpting and toning your legs seasoned with a cardio routine that leaves you feeling strong and centered.

Yogic Harmony & Chants 5:00pm - 6:00pm

End your day with a soul-soothing session of Yoga with Chanting, harmonizing body and mind through the meditative flow of movement and the almost sacred sounds of the ocean waves.