

WELLNESS CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30 to 09:30	*Sunrise Yoga (45' complimentary) at Yoga Pavilion	Hatha Yoga (\$15 / person) at Yoga Pavilion	Power Yoga (\$15 / person) at Yoga Pavilion	Sunrise Yoga (\$15 / person) at Yoga Pavilion	Power Yoga (\$15 / person) at Yoga Pavilion	Hatha Yoga (\$15 / person) at Yoga Pavilion	Power Yoga (\$15 / person) at Yoga Pavilion
18:00 to 19:00	Sunset Yoga (\$15 / person) at Yoga Pavilion	Hatha Yoga (\$15 / person) at Yoga Pavilion	Power Yoga (\$15 / person) at Yoga Pavilion	*Sunset Yoga (45' complimentary) at Yoga Pavilion	Yoga Meditation (\$15 / person) at Yoga Pavilion	Hatha Yoga (\$15 / person) at Yoga Pavilion	Power Yoga (\$15 / person) at Yoga Pavilion

* Complimentary & Group Yoga Classes are suitable for beginners level

◆ **Private Yoga classes are available (\$46/person)**

- ◆ Maximum 14 guests per class
- ◆ All classes are suitable for all fitness levels

WELLNESS CLASSES			COUPLES CLASSES	
		Price (per person)		Price (per couple)
Yoga Awakening	1 x 60' Private Yoga + 1 x 60' Massage	\$149	1 x 60' Class	\$80
Yoga Therapy	3 x 60' Private Yoga + 1 x 60' Massage	\$227	3 x 60' Class	\$204
			5 x 60' Class	\$340

Private classes are subject to availability. Reservations are required for all complimentary, group and private classes due to limited space available. For further information and reservations, please contact the USpa Reception on extension 5275.

Conditions: Please note that any other discount voucher or Spa Packages are not redeemable on the Wellness Calendar. All above prices are per person (except Couple Classes—per couple), subject to 5% Service Charges & 12% Government Service TAX.