

Wellbeing

Activities Calendar

Monday	Tuesday	Wednesday
07:00 - 07:30 Sunrise Yoga Complimentary <i>Water Villa Deck</i>	10:00 - 10:30 Leg Sculpt USD 20 per person <i>Gym</i>	07:00 - 07:30 Power Yoga Complimentary <i>Water Villa Deck</i>
11:30 – 12:00 Face Acupuncture USD 50 per person <i>Revive Spa</i>	11:30 - 12:00 Energy Cleansing (Group) USD 20 per person <i>Revive Spa</i>	11:30 - 12:00 Face Acupuncture USD 50 per person <i>Revive Spa</i>
15:00 - 15:30 Aura Cleansing (Group) USD 20 per person <i>Revive Spa</i>	15:00 - 15:30 Aqua Yoga Complementary <i>Madumaitri Pool</i>	15:00 - 15:30 Full body Pilates USD 20 per person <i>Gym</i>
16:00 - 17:00 Table Tennis Championship <i>Madumaitri Bar</i>		16:00 - 16:30 Aura Cleansing (Group) USD 20 per person <i>Revive Spa</i>
17:00 - 18:00 Vinyasa Yoga USD 20 per person <i>Sunset Beach (Near Water Sports)</i>	17:00 - 17:30 Yin Yoga Complimentary <i>Water Villa Deck</i>	17:00 - 18:00 Power HIIT USD 20 per person <i>Gym</i>

Thursday	Friday	Saturday	Sunday
10:00 - 10:30 Abs + Core Sculpt USD 20 per person <i>Gym</i>	10:00 - 11:00 Full body Pilates USD 20 per person <i>Gym</i>	10:00 - 10:30 Energy Ritual Complimentary <i>Revive Spa</i>	10:00 - 10:30 Beginners Pilates USD 20 per person <i>Gym</i>
11:00 - 11:30 Let's Play Dart <i>Madumaitri Bar</i>	11:30 - 12:00 Aura Cleansing (Group) USD 20 per person <i>Revive Spa</i>	11:30 - 12:00 Back Acupressure for pain USD 50 per person <i>Revive Spa</i>	11:00 - 11:30 Let's Play Dart Complimentary <i>Madumaitri Bar</i>
15:00 - 15:30 Aqua Pilates (Group) Complimentary <i>Madumaitri Bar</i>	16:00 - 17:00 Badminton Championship <i>Complimentary Badminton Court</i>	16:30 - 17:00 Aura Cleansing (Group) USD 20 per person <i>Revive Spa</i>	15:00 - 16:30 Couples NH Signature (for two) 20% Discount <i>Revive Spa</i>
17:00 - 18:0 Yin Yoga USD 20 per person <i>Water Villa Deck</i>	17:00 - 18:00 Vinyasa Yoga USD 20 per person <i>Sunset Beach (Near Water Sports)</i>	17:00 - 17:30 Couples NH Signature (for two) 20% Discount <i>Revive Spa</i>	16:00 - 17:00 Badminton Championship Complimentary <i>Badminton Court</i>