

WELLNESS ACTIVITIES SCHEDULE

1st to 7th MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am - 9.30am	8.30am - 9.30am	Check Availability	8.00am - 9.00am	8.30am - 9.30am	8.30am - 9.30am	8.00am - 9.00am
Mobility Movements Meet at the Gym	Pilates Flow Yoga Pavilion	Private Yoga / Fitness (from \$220 per hour)	Beach Fit ☀️ Meet at Main Beach	Mindful Meditation Yoga Studio by Main Spa	Classical Mat Pilates Yoga Studio by Main Spa	Beach Fit ☀️ Meet at Main Beach
9.30am - 10.30am	Check Availability	9.30am - 10.30am	Check Availability	9.30am - 10.30am	Check Availability	8.30am - 9.30am
Restorative Yoga Yoga Pavilion	Private Pilates / Fitness (from \$220 per hour)	Slow Flow Yoga Yoga Pavilion	Private Pilates / Fitness (from \$220 per hour)	HIIT Cardio Meet at the Gym	Private Yoga / Pilates (from \$220 per hour)	Pilates Basics Yoga Studio by Main Spa
3.30pm to 4.30pm	3.30pm to 4.30pm	3.30pm to 4.30pm	3.30pm to 4.30pm	3.00pm - 4.00pm	3.00pm - 4.00pm	3.00pm - 4.00pm
Pilates Powerhouse Yoga Pavilion	Mobility Movements Meet at the Gym	Tone and Sculpt Workout Meet at the Gym	Pilates Powerhouse Yoga Pavilion	Pilates Flow Yoga Pavilion	Yoga Flow Yoga Pavilion	Mindful Meditation and Pranayama Yoga Pavilion

ACTIVITIES DESCRIPTION

YOGA

Yoga Flow

A balanced mind-body-breath (Pranayama) practice, and draws on the wisdom from the many reach lineages of yoga asana. A blend of guided breath as well as held postures(yin) and dynamic postures (power yoga).

Slow Flow Yoga

Slow-paced Vinyasa, deep stretches and standing balance poses to awaken the body and clear out stagnant energy.

Restorative Yoga

This restorative Yoga offers Yin style postures focus on slowly and gently exercising the connective tissue that surrounds the joints in the body.

Mindful Meditation

Learn breathing and relaxation techniques to create deeper awareness and move beyond the “thinking mind” and expand beyond the reflexive habitual patterns of breathing.

PILATES

Pilates Flow

This invigorating session combines traditional Pilates mat exercise to improve posture, flexibility and strength.

Pilates Basics

Slower paced class to learn fundamental pilates principles and exercises. Focusing on controlled movement, breath awareness and proper alignment to kickstart your Pilates journey. Ideal for beginners or for the practitioner wanting to dig into the basics.

Pilates Powerhouse

This class will challenge your strength , flexibility and precision. Full body workout designed to refine your form and deepen mind-body awareness

Classical Mat Pilates

A full-body Pilates workout with a strong core emphasis that focuses breath, flow, stability and coordination. This class will leave you feeling energized and ready for the day

FITNESS

Beach Fit ☀️

Outdoor and weather permitting Start the day with an invigorating fun full body workout on the sand. Session ends with post cool-down training in the sea.

Tone and Sculpt Workout

This fitness-based session focuses on improving and maintaining strength in the core, as well as throughout the entire body. During the session, you will work on exercises specifically designed to tone 'problem areas'

HIIT Cardio

This High Intensity Individual Training Fitness class offers a combination of high and low impact cardio intervals with core strengtning and toning focus

Mobility Movements

This class offers various body weight exercises. Short burst of each activity will build endurance and ignite the metabolism. Finish with a relaxing stretch cool down to restore and enhance mobility.

POINTS TO NOTE



COMO
SHAMBHALA

All Wellness Activities classes are offered to all guests, 16 years and above and are complimentary unless stated with pricing. Booking recommended for all classes. Maximum 15 guests on first come first book basis for all Mind, Body and Discipline classes.

All classes are delivered with a group dynamic in mind and may not be suitable for some. Please arrive five minutes before the classes schedule start time. Private sessions available if our schedule timings do not suit you. Please enquire with our spa reception

If you are pregnant or have any other special conditions, please inform the teacher to discuss any special needs. For personal instructions, please enquire with Spa Reception to book a private session

Please wear suitable attire for indoor and outdoor activity. It is advisable to wear sun protection for outdoor activities.