

ACTIVA

WELLBEING ACTIVITIES

STRETCH & FLEX

MONDAY

Time: 10:30 - 11:30

Price: Complimentary Activity



TONE & MOBILIZE

THURSDAY

Time: 10:30 - 11:30

Price: 10 USD Per Person

INTERVAL POWER

SATURDAY

Time: 17:00 - 18:00

Price: 10 USD Per Person



General Guidance

- Limited Seats available, 24 hours advance booking required.
- Dial '14' to contact Spa Reception for further details and to make bookings.
- Please wear comfortable sportswear for the well-being sessions at Activa.
- Private Lessons are available upon request, subject to availability and additional charges.
- All prices above are inclusive of tax & service charge.