



# WELLNESS ACTIVITIES CALENDAR

Complimentary for Club Room and Suite guests.

## MONDAY

HIIT  
7.30AM - 8.30AM | Sky Terrace, L12

Aqua Spin (Signature)  
12.15PM - 1.15PM | Swimming Pool, L27

Aqua Spin (Endurance)  
6.30PM - 7.30PM | Swimming Pool, L27

Aqua Spin (Signature)  
7.30PM - 8.30PM | Swimming Pool, L27

## TUESDAY

Pilates  
7.30AM - 8.30AM | Sky Terrace, L12

Sound Healing\*\*  
12.30PM - 1.30PM | SPACE2B

Neck & Shoulder Massage\*  
6.00PM - 8.00PM | Club Lounge, L21

Sound Healing\*\*  
8.00PM - 9.00PM | SPACE2B

## WEDNESDAY

HIIT  
7.30AM - 8.30AM | Sky Terrace, L12

Aqua Circuit  
12.15PM - 1.15PM | Swimming Pool, L27

Foot Massage\*  
6.00PM - 8.00PM | Club Lounge, L21

Aqua Spin (Signature)  
6.30PM - 7.30PM | Swimming Pool, L27

Aqua Spin (Endurance)  
7.30PM - 8.30PM | Swimming Pool, L27

## THURSDAY

Pilates  
7.30AM - 8.30AM | Sky Terrace, L12

Sound Healing\*\*  
12.30PM - 1.30PM | SPACE2B

Neck & Shoulder Massage\*  
6.00PM - 8.00PM | Club Lounge, L21

Sound Healing\*\*  
8.00PM - 9.00PM | SPACE2B

## FRIDAY

HIIT  
7.30AM - 8.30AM | Sky Terrace, L12

Sound Healing\*\*  
12.30PM - 1.30PM | SPACE2B

Aqua Spin (Signature)  
5.15PM - 6.15PM | Swimming Pool, L27

Foot Massage\*  
6.00PM - 8.00PM | Club Lounge, L21

## SATURDAY

Aqua Circuit  
8.30AM - 9.30AM | Swimming Pool, L27

Aqua Spin (Signature)  
9.30AM - 10.30AM | Swimming Pool, L27

Aqua Spin (Endurance)  
10.30AM - 11.30AM | Swimming Pool, L27

Aqua Spin (Signature)  
11.30AM - 12.30PM | Swimming Pool, L27

Sound Healing\*\*  
2.00PM - 3.00PM | SPACE2B

Sound Healing\*\*  
3.30PM - 4.30PM | SPACE2B

Neck & Shoulder Massage\*  
6.00PM - 8.00PM | Club Lounge, L21

## SUNDAY

Morning Yoga^  
8.30AM - 9.30AM | Sky Terrace, L12

Sound Healing\*\*  
12.00PM - 1.00PM | SPACE2B

Sound Healing\*\*  
3.30PM - 4.30PM | SPACE2B

*\* Exclusive for Club Guests Only*

*\*\* Sound Healing classes are held at SPACE2B. SPACE2B is a partner of Oasia Hotel Downtown located at 2B Stanley Street, Singapore 068721.*

*^ Morning Yoga - complimentary for all guests.*

### Terms & Conditions

- Activities and slots are subject to availability.
- Booking lead time of 2 days is required for all activities.
- Programme is subject to change without prior notice.
- For enquiries and reservations, please approach our Concierge for assistance.

## MORNING YOGA

Practising yoga in the morning is the perfect way to start your day. Awaken your senses, tap into your breathing and be in the present moment with this morning yoga flow for energy and focus throughout the day.

## AQUA SPIN (SIGNATURE)

Designed to get your heart pumping with short sprints followed by periods of rest, you'll be working your legs, arms and abs in this toning and energising workout. This is a great class to get started!

## AQUA SPIN (ENDURANCE)

Focusing on your lower body with long intervals, our energising high tempo music will inspire you to build your endurance.

## AQUA CIRCUIT

Combining cardio intensity with strength training, our high-paced Ripple circuit training classes incorporate aqua bikes, water-resistance equipment, and fun!

## HIIT

High intensity interval training class designed to push your power output and anaerobic fitness - working as hard as you can for short durations, with set rest periods in between. We use all our equipment and exercises in this class for a total body workout!

## PILATES

A mat Pilates class, designed to strengthen the core and joints, leaving participants feeling limber and energised for the day ahead.

## SOUND HEALING

Sound healing is the practice of using sound to 're-tune' the body back to its wholeness, its optimum frequency using external varying frequencies and vibrations of the Gongs, Alchemy Crystal Bowls or Tibetan Singing Bowls, each resonating with different parts of your body. Regenerate and harmonise your body and mind, and achieve a deep state of relaxation in which healing and connection to a higher consciousness can take place.

## NECK & SHOULDER MASSAGE

As the day draws to a close, unwind and relieve any tightness or knots with a 10-minute neck and shoulders massage. With stiff necks and shoulders being a common problem for desk bound individuals, this 10-minute session aims to promote blood and lymphatic circulation and reduce physical and mental stress.

## FOOT MASSAGE

A relaxing foot massage relieves tired feet, improves circulation, stimulates muscles and reduces tension. Sit back and relax as our therapist tend to your overall well-being.