

WELLNESS & WORKOUT CALENDAR – OCTOBER TO DECEMBER 2025

MONDAY

MAT PILATES

6:30PM – 7:30PM
Level 5

Strengthen your core, improve flexibility, and enhance your posture in this through a series of low-impact mat-based class. Perfect for all levels, especially those looking to move with greater intention and ease.

with Vivian Fong

TUESDAY

VINYASA YOGA

7:30AM – 8:30AM
Level 5

We bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress. This practice moves at a faster pace with the intention of improved flow.

with Joseph Chua

WEDNESDAY

HATHA YOGA

6:30PM – 7:30PM
Level 5

Set at a slower pace, we bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress.

with Vivian Fong

THURSDAY

RESTORATIVE FLOW

6:30PM – 7:30PM
Level 5

This guided class blends gentle, conscious movement with deep relaxation, inviting you to reconnect with your body and calm your mind through mindful transitions and restorative postures.

with Adelene Stanley /
Joseph Chua / Daniel
Lorenzo

FRIDAY

MAT PILATES

7:30AM – 8:30AM
Level 5

Strengthen your core, improve flexibility, and enhance your posture in this through a series of low-impact mat-based class. Perfect for all levels, especially those looking to move with greater intention and ease.

with Adelene Stanley



Scan to view the full Wellness & Workout Menu.

Kindly contact Guest Services for more information.

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SATURDAY

WAY OF THE WATER

11:00AM – 11:40AM

Rooftop Pool

Learn how to move freely like water. This class focuses on self-discovery where you decide how much of yourself rises to the surface (quite literally). We're looking to reconnect the body and mind in a session where water is our aid.

with Adelene Stanley / Joseph Chua / Daniel Lorenzo

SUNDAY

SOUND BATH JOURNEY

9:00AM – 10:00AM

Level 5

This immersive class begins with gentle intention setting and optional sharing to create a safe, grounded space. You'll explore breath and vocal toning to awaken inner resonance, followed by heart-centred mantras and soulful songs to uplift and realign your energy.

with Maryam Malek



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