

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00—08:45	Morning Jogging *Meeting Point at Fitness Studio	Gentle Yoga At Yoga Pavilion	Meditation At Yoga Pavilion	Mat Pilates At Yoga Pavilion	Hatha Yoga At Yoga Pavilion	Detox Yoga At Yoga Pavilion	Thai Kick Boxing At Fitness Studio
16:30—17:15 Demonstrations and informative talks held at 17:00	Demo : 17:00 Homemade Body Scrub At Talise Spa	Boot Camp *Meeting Point at Fitness Studio	Thai Kick Boxing At Fitness Studio	Free Style Work Out At Fitness Studio	Demo : 17:00 Homemade Coconut Oil At Talise Spa	Circuit Exercise At Fitness Studio	Demo : 17:00 Beauty Bath Recipe At Talise Spa

Homemade Coconut Oil – Discover how Talise Homemade coconut oil is prepared using Kaashi or old coconut. Enjoy our very own Talise coconut specials for those who attend.

Beauty Bath Recipe – Discover how Beauty Bath is prepared using ingredients from your own kitchen. Complimentary bath for the lucky winner from the crowd and enjoy our special offers for the day.

Homemade Body Scrub– Learn how to make your own body scrub at home. Simple, effective and economical. Take this opportunity to indulge yourself in any body scrub we offer for special price in attending this informative talk.

Gentle Yoga – Gentle movements to relax your body and soothe your mind. This form of Yoga relieves you at the end of a tiring and stressful day.

Mat Pilates – Build and strengthen your core muscles to get your body ready for the new you.

Detox Yoga – Have every part of your body pulled, pushed, twisted and turned to facilitate the removal of wastes & toxins from your body to cleanse your body with different yogic posture and breathing.

Hatha Yoga– The word Hatha means forceful. Hatha yoga refers to a set of yoga asana designed to bring balance to Mind, Body and Soul.

Thai Kick Boxing – Using basic movement of Kick Boxing to strengthen and tone your arms and legs. ***Please wear your sport shoes to class. Kick start attending the session with an opportunity to enjoy your personal session at a very reasonable price.

Meditation – With meditation we cleanse, heal, balance & energize our energy centers responsible for physical & mental wellbeing. Meditation channels the energy circuit throughout keeping one physically, emotionally & spiritually healthy.

Circuit Exercise –This workout exercise is designed to push you to your limits. Based on timed sets, with emphasis on high workloads and minimum rest times. ***Please wear sports shoes to class.

Freestyle Workout – This fun freestyle workout program is designed by our instructors targeting weight loss, muscle building and heart fitness.

Vittaveli Walk– Reduce the impact on the legs and joint, tone the muscles, boost the immune system and improve your sleep patterns.

Morning Jogging – Feel the morning sunrise as you improve fitness and achieve physical and mental health.

Boot Camp – Outdoor Functional work out to help strengthen and tone muscles quickly.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00—08:45	Circuit Exercise At Fitness Studio	Dynamic Yoga At Yoga Pavilion	Meditation At Yoga Pavilion	Yoga for Back Pain At Yoga Pavilion	Pranayama At Yoga Pavilion	Beginner’s Yoga At Yoga Pavilion	Vittaveli Walk *Meeting Point at Fitness Studio
16:30—17:15 Demonstrations and informative talks held at 17:00	Demo : 17:00 Homemade Body Scrub At Talise Spa	Boot Camp *Meeting Point at Fitness Studio	Demo : 17:00 Beauty Bath Recipe At Talise Spa	Thai Kick Boxing At Fitness Studio	Demo : 17:00 Homemade Coconut Oil At Talise Spa	Thai Kick Boxing At Fitness Studio	Free Style Work Out At Fitness Studio

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