

WELLNESS CALENDAR – May 2023

DAY & TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Morning run 3KM Comp class	–	Bike riding around the Creek Comp class	–	Vinyasa flow & Chakra Balancing Meditation (90 mins) AED 145 per person	–	Sunrise Yoga (60 mins) AED 120 Per Person
4:00 PM	–	Body Pump (45 mins) Comp class	–	Zumba (45 mins) Comp class	Vinyasa Flow & Chakra Balancing Meditation (90 mins) AED 145 Per Person	Zumba at (45 mins) Comp class	Body Pump (45 mins) Comp class
6:30 PM	–	–	–	–	–	Hatha Yoga & Sound Healing (90 mins) AED 145 per person	–
7:00 PM	–	–	–	Pilates (60 mins) AED 120 per person	–	–	–

✓ YOGA MATS & TOWELS ARE PROVIDED FOR ATTENDEES ✓ ONE COMPLIMENTARY BOTTLE OF WATER PER ATTENDEE IS INCLUDED

Please call +971 4 275 8844 or email Spa.ADGCH@addresshotels.com to book your session.

Terms & Conditions:

- Advance booking 24 hours ahead of time is a must.
- Above sessions are suitable for guests of 16+ years old only.
- Minimum of two attendees per session required.
- Prices are inclusive of all taxes, fees and VAT.
- Cancellation / rescheduling should be done at least 24 hours prior to avoid 100% charges for the session.