



WELLNESS ACTIVITIES CALENDAR

MONDAY

- HIIT
7.30AM - 8.30AM | Sky Terrace, L12
- Aqua Spin (Signature)
12.15PM - 1.15PM | Swimming Pool, L27
- Build (Weight & Band Work)
5.00PM - 6.00PM | Sky Terrace, L12
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21
- Aqua Spin (Endurance)
6.30PM - 7.30PM | Swimming Pool, L27
- Aqua Spin (Circuit)
7.30PM - 8.30PM | Swimming Pool, L27

FRIDAY

- HIIT
7.30AM - 8.30AM | Sky Terrace, L12
- Sound Healing**
12.30PM - 1.30PM | SPACE 2B
- Build (Weight & Band Work)
5.00PM - 6.00PM | Sky Terrace, L12
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21

TUESDAY

- Pilates
8.30AM - 9.30AM | Sky Terrace, L12
- Sound Healing**
12.30PM - 1.30PM | SPACE 2B
- Burn
5.00PM - 6.00PM | Sky Terrace, L12
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21
- Sound Healing**
8.00PM - 9.00PM | SPACE 2B

SATURDAY

- Aqua Spin (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 | SPACE 2B
- Sound Healing**
3.30PM - 4.30PM | SPACE 2B
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21

WEDNESDAY

- HIIT
7.30AM - 8.30AM | Sky Terrace, L12
- Aqua Spin (Circuit)
12.15PM - 1.15PM | Swimming Pool, L27
- Build (Weight & Band Work)
5.00PM - 6.00PM | Sky Terrace, L12
- Neck & Shoulder 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

SUNDAY

- Morning Yoga^
8.30AM - 9.30AM | Sky Terrace, L12
- Sound Healing**
10.30AM - 11.30AM | SPACE 2B
- Sound Healing**
12.00PM - 1.00PM | SPACE 2B
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21

THURSDAY

- Pilates
8.30AM - 9.30AM | Sky Terrace, L12
- Sound Healing**
12.30PM - 1.30PM | SPACE 2B
- Burn
5.00PM - 6.00PM | Sky Terrace, L12
- Neck & Shoulder Massage*
6.00PM - 8.00PM | Club Lounge, L21
- Sound Healing**
8.00PM - 9.00PM | SPACE 2B

** 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.
- Club Room and Suite guests enjoy complimentary wellness activities.
- Booking lead time of 2 days is required for all activities. 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 Reception 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 shorts 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 SPIN (CIRCUIT)

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

BUILD

A class designed to build your strength foundation, working through the body holistically to improve muscle tone & posture. This class features weights and band work for 60 minutes.

BURN

A class aimed at getting your heart rate up, to get you moving and get you sweating featuring bodyweight movements, high volume strength work, and limited rest over 60 minutes.

HIIT

High intensity interval training is a 45-minute 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 length and strengthen the core and joints, leaving participants feeling long and 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, 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.

