



ELEMENTS
HOTEL & SPA
★★★★★

FITNESS CLASSES

THURSDAY

SATURDAY

08:00 Pilates

UMBRA ROOM 6TH FLOOR

08:00 Yoga

UMBRA ROOM 6TH FLOOR

08:45 Mindfulness

UMBRA ROOM 6TH FLOOR

**PLEASE ENROLL WITH
CONCIERGE**
