



ELEMENTS  
HOTEL & SPA  
★★★★★

# FITNESS CLASSES

THURSDAY

SATURDAY

## 08:00 Healthy Back

GYM – 5TH FLOOR /  
PLAYROOM – 6TH FLOOR

## 08:00 Yoga

GYM – 5TH FLOOR /  
PLAYROOM – 6TH FLOOR

## 08:45 Mindfulness

GYM – 5TH FLOOR /  
PLAYROOM – 6TH FLOOR

# PLEASE ENROLL WITH CONCIERGE

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