



ELEMENTS
HOTEL & SPA
★★★★★

FITNESS CLASSES

THURSDAY

SATURDAY

12:00 Aqua Aerobics
WELLNESS AREA

08:00 Yoga

GYM – 5TH FLOOR /
PLAYROOM – 6TH FLOOR

08:45 Mindfulness

GYM – 5TH FLOOR /
PLAYROOM – 6TH FLOOR

PLEASE ENROLL WITH
CONCIERGE
