



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**