

Timeless Vitality: 7-Day Wellness Schedule

Complimentary Morning Wellness - 8:00 – 8:30 AM

Day	Session	Description	Location
Every day	Yoga Session	Gentle stretches with mindful breath, to awaken the body and quiet the mind.	Bageechaa Pavilion

Complimentary Evening Wellness - 17:30 – 18:00 PM

Day	Session	Description	Location
Monday & Thursday	Mat Pilates	Low-impact movements, targeting deep core muscles enhancing alignment and muscular endurance.	Bageechaa Pavilion

Paid Group Wellness Activities

Spaces are limited- Advance booking recommended

Day	Session	Description
Every Wednesday 17:30 – 18:30	Functional Training	Outdoor body-weight workout with our Outrace Tower and props to improve strength, balance, and coordination. For all fitness levels. USD 30++
Every Friday 17:30 – 18:30	Essence of her Yoga	Honoring the sacred feminine. A restorative practice supporting hormonal nourishment, pelvic relaxation and emotional healing. USD 35++
Every Sunday 18:00 -18:45	Sunset Sound Relaxation	A sensory journey of calming singing bowls vibrations that soothe the mind, release tension, and awaken inner harmony. USD 35++

Contact your Kilege or the Wellness team to book your session.