

FIVE

PALM JUMEIRAH DUBAI

YOGA & WELLNESS ACTIVITIES

	8:30 AM	10:00 AM	MIDDAY	4:00 PM	5:30 PM	7:00 PM
SUNDAY	YOGA	AERIAL YOGA		YOGA	HIIT	
MONDAY	AQUA YOGA	MEDITATION & PRANAYAMA	PILATES	YOGA		
TUESDAY				CIRCUITS		
WEDNESDAY	CIRCUITS			YOGA	SUNSET YOGA	YOGA
THURSDAY	AERIAL YOGA	PILATES	YOGA		HIIT	
FRIDAY	HIIT		YOGA		MEDITATION & PRANAYAMA	PILATES
SATURDAY	CIRCUITS	AQUA YOGA	PILATES		PILATES	

1 CLASS - AED 75

5 CLASSES - AED 300

10 CLASSES - AED 700

1 WEEK UNLIMITED - AED 250

1 MONTH UNLIMITED - AED 600

3 MONTHS UNLIMITED - AED 2,200

PRIVATE CLASSES - 1 CLASS AED 300, 5 CLASSES AED 1,200

MEDITATION & BREATHING - AED 50

FOR RESERVATIONS, PLEASE CALL THE SPA AT 04 455 9965

Hatha Yoga: 60-mins

Hatha yoga has a lot to offer for beginners and advanced practitioners of all ages. It is a powerful way of living that can help you identify your hidden physical and mental potentials. This practice promotes a relaxed and happy body, which fosters a happy mind

Aqua Yoga: 60 mins

Aqua yoga is extremely low impact, making it ideal to reduce stress and anxiety for those with autoimmune disorders, beginners or just those who love water. Aqua yoga therapy is offered both in classes and as individual sessions.

Meditation & Pranayama: 30 mins

Our morning meditation incorporates Tibetan singing bowls to help restore vibratory frequencies in the body, mind and soul. This practice is ideal to balancing chakra's, promoting stillness, happiness and well-being, as well as stimulating the immune system.

Pilates: 60 mins

Pilates strengthens the postural muscles – the internal, stabilising muscles of your body – to improve your posture, balance and core strength.

Aerial Yoga: 60 mins

Aerial yoga incorporates suspension to release tension on the bones and muscles, increasing flexibility and deepening your practice. Our aerial yoga practice will take place at The Penthouse, located on the 16th floor.

HIIT: 45 mins

Kick start your day with a HIIT workout. This high-intensity interval training is an excellent way to improve your endurance, get the heart rate up and burn fat in the quickest amount of time.

Circuits: 45 mins

Build strength and burn calories during our circuit training. Our circuits target all of the major areas of the body while improving cardiovascular health.