



DAILY ACTIVITIES

Monday

HIIT Hustle 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level
Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level	Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level	

Tuesday

HIIT Hustle 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level
Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level	Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level	

Wednesday

Gaia on The Move 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level
Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level	Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level	

Thursday

HIIT Hustle 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level
Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level	Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level	

Friday

HIIT Hustle 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level	Imagination Playground 9 a.m - 11 a.m Amphitheatre at P6 Level
Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level	Eco Printing 10 a.m - 11 a.m Amphitheatre at P6 Level	Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level
Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level			

Saturday

HIIT Hustle 7 a.m - 8 a.m Gym Terrace at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 4 - 5 p.m Gym at P6 Level	Kids Fun Workout 8 a.m - 9 a.m Gym Terrace at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level
Imagination Playground 9 a.m - 11 a.m Amphitheatre at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level	Herbs Gardening 10 a.m - 11 a.m Amphitheatre at P6 Level	Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level
Tips & Tricks 3 p.m - 4 p.m at lobby Level	Aquatic Yoga 4 p.m - 5 p.m Gym Terrace at P6 Level	Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level	Halo Halo Bandung 4 - 6.30 p.m at Rooftop
Movie Night 6 - 8 p.m at Rooftop			

Sunday

Yoga 7 a.m - 8 a.m Amphitheater at P6 Level	Reformer Pilates 7 - 8 a.m, 8 - 9 a.m, 10 - 11 a.m, 4 - 5 p.m Gym at P6 Level	Kids Fun Workout 8 a.m - 9 a.m Gym Terrace at P6 Level	Mat Pilates 9 a.m - 10 a.m Gym Terrace at P6 Level
Imagination Playground & Fun Games 9 a.m - 11 a.m Amphitheatre at P6 Level	Hydro Class 9 a.m - 10 a.m Infinity Pool at P0 Level	Family Pilates 3 p.m - 4 p.m Infinity Pool at P0 Level	Band Blast Workout 4 p.m - 5 p.m Gym Terrace at P6 Level
Intermediate Reformer Pilates 6 - 7 p.m Gym at P6 Level			

For in-house guests only