

WELLNESS CALENDAR – August 2023

DAY & TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Morning Run*	Flexibility Yoga Flow (60 mins) AED 120 Per Person	-	Flexibility Yoga Flow (60 mins) AED 120 Per Person	-	Sunrise Yoga (60 mins) AED 120 Per Person	-
4:00 PM	-	Body Pump* (45 mins) AED 75 Per Person	-	-	-	-	-
6:30 PM	-	-	-	-	Vinyasa Flow & Chakra Balancing Meditation (90 mins) AED 145 Per Person	-	Hatha Yoga & Sound Healing (90 mins) AED 145 Per Person
7:00 PM	-	-	-	Pilates (60 mins) AED 120 Per Person	-	-	-

* These classes are free for hotel in-house guests.

- ✓ YOGA MATS & TOWELS ARE PROVIDED FOR ATTENDEES.
- ✓ PT WITH A NUTRITION GUIDE IS AVAILABLE AT AED 260 PER PERSON PER HOUR.

- ✓ ONE COMPLIMENTARY BOTTLE OF WATER PER ATTENDEE IS INCLUDED.
- ✓ PRIVATE YOGA SESSIONS ARE AVAILABLE AT AED 260 PER PERSON PER HOUR.

Please call +971 4 275 8844 or email Spa.ADGCH@addresshotels.com to book your session.

Terms & Conditions:

Advance booking 24 hours ahead of time is a must | Above sessions are suitable for guests of 16+ years old only | Minimum of two attendees per session required | Prices are inclusive of all taxes, fees and VAT
Cancellation / rescheduling should be done at least 24 hours prior to avoid 100% charges for the session