



KANDU SPA



fitness & yoga schedule

Monday

Hatha Yoga

Yoga Pavilion | 06:00

Mobility Training

Art Gallery | 11:00

Tuesday

Hatha Yoga

Sting Beach | 17:30

Thursday

Vinyasa Yoga

Yoga Pavilion | 06:00

Mat Pilates

Art Gallery | 11:00

Friday

Aqua Yoga

Sting Bar Pool | 17:30

Saturday

Yin Yoga

Yoga Pavilion | 06:00

Functional Training

Art Gallery | 11:00

Sunday

Mat Pilates

Art Gallery | 11:00

Vinyasa Yoga

Yoga Pavilion | 17:30

- Please book one day prior for all classes via our spa reception - 444
- Please wear proper gym attire, only for aqua yoga swimsuits are allowed
- In case of any medical conditions, injuries or recent surgeries please inform your instructor before class
- Maximum 15 persons for each class, except for aqua yoga