



BANYAN TREE  
SPA

## WELLBEING ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIIT Training  5PM -5.30PM  Wellbeing Deck/Gym	Core & Abs  8AM -8.30AM  Wellbeing Deck/Gym	Full Body Stretching  8AM -8.30AM  Wellbeing Deck/Gym	Hatha Yoga  8AM -8.30AM  Wellbeing Studio
FRIDAY		SATURDAY	SUNDAY
Cardio Interval Training  5PM -5.30PM  Wellbeing Deck/Gym		Strength Training  10AM -10.30AM  Wellbeing Deck/Gym	Power Yoga  10AM -10.30AM  Wellbeing Studio



CardioInterval  
Training



Full Body  
Circuit  
Workout



CrossFit Training



Core Workout



Matcha Workshop



Full Body  
Stretching

### Terms & Conditions:

- 24 hours advance booking is required.
- Acceptances on short notice are subject to availability,and requests may be declined.
- To make a reservation and for more information, please contact the spa team via +971 4 556 6401.