

# Kagi Wellness Activities Planner

"The groundwork of all happiness is good health."

#### Monday







Time: 06:00 - 06:30 || Meeting Point: Baani Jetty

Time: 10:00 - 11:00 || Meeting Point: Yoga Studio

Time: 17:00 - 17:45 || Meeting Point: Baani Center Deck

Time: 18:00 - 18:30 || Meeting Point: Yoga Studio





## **Morning Rise Stretching**

Time: 07:30 - 08:00 || Meeting Point: Yoga Studio

Time: 17:30 -18:15 || Meeting Point: Sunset Jetty

#### Wednesday



**Morning Rise Stretching** 



**Aqua Aerobics** 

Hatha Yoga

Sunset Yoga

Time: 07:30 - 08:00 || Meeting Point: Yoga Studio

Time: 10:00 - 11:00 || Meeting Point: Ufa Main Pool

Time: 17:00 - 17:45 || Meeting Point: Baani Center Deck





Time: 18:00 - 18:30 || Meeting Point: Yoga Studio

Thursday		
	Morning Rise Stretching	Time: 07:30 - 08:00    Meeting Point: Yoga Studio
	Sunset Yoga	Time: 17:30 -18:15    Meeting Point: Sunset Jetty
Friday		
	Morning Rise Stretching	Time: 07:30 - 08:00    Meeting Point: Yoga Studio
	Mat Pilates	Time: 10:00 - 11:00    Meeting Point: Yoga Studio
	Hatha Yoga	Time: 17:00 - 17:45    Meeting Point: Baani Center Deck



#### **Guided Meditation**

#### Time: 18:00 - 18:30 || Meeting Point: Yoga Studio

Saturday



### **Morning Rise Stretching**

Time: 07:30 - 08:00 || Meeting Point: Yoga Studio

Time: 17:30 -18:15 || Meeting Point: Sunset Jetty



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Sunset Yoga

Time: 18:00 - 18:45 || Meeting Point: Yoga Studio