

لحظات العلاء  
ALULA MOMENTS

IN PARTNERSHIP WITH

**VISA**

مهرجان نبض العلاء  
ALULA WELLNESS FESTIVAL

24 OCT - 1 NOV 2025

OFFICIAL PARTNER



SCAN THE QR CODE  
FOR MORE INFO

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LES MILLS ICONIC FITNESS

# LES MILLS ICONIC FITNESS

## ALULA'S ICONIC VENUES



WE INVITE ALULA WELLNESS  
FESTIVAL ATTENDEES TO  
PARTICIPATE IN AN ECLECTIC MIX OF  
LES MILLS SIGNATURE CLASSES AT  
SOME OF THE DESTINATIONS MOST  
ICONIC VENUES.

## MARAYA ROOFTOP



ARCHITECTURAL  
ILLUSION

MARAYA IS AN ARCHITECTURAL WONDER THAT HAS QUICKLY REACHED ICON STATUS. UPON APPROACHING THIS MAGNIFICENT MIRRORED STRUCTURE IN ALULA'S ASHAR VALLEY YOU MAY FEEL YOUR EYES ARE DECEIVING YOU AS MARAYA SEEMS TO DISAPPEAR INTO THE SURROUNDING SANDSTONE CLIFFS BEFORE SWIFTLY REAPPEARING. A MULTI-PURPOSE VENUE FOR CONCERTS, EVENTS AND CONFERENCES, MARAYA — MEANING 'MIRROR' IN ARABIC — IS THE LARGEST MIRRORED BUILDING IN THE WORLD AND IS A PIECE OF ART IN ITSELF.

**PARTICIPANTS CAN CHOOSE FROM A VARIETY OF SESSIONS TAKING PLACE ON THE ROOFTOP WITH BREATHTAKING VIEWS OF THE SURROUNDING ASHAR VALLEY.**

## OLD TOWN AMPHITHEATRE



TRAVEL BACK  
THROUGH TIME

WANDER THE MAZE OF HISTORIC ALLEYS AND HUNDREDS OF HOUSES BUILT OF MUD BRICK, LINED UP NEXT TO EACH OTHER LIKE AN IMPENETRABLE FORTRESS. THIS IS ALULA'S OLD TOWN, ITS WINDING PATHS SEEPED WITH MEMORIES WHOSE ORIGINS DATE BACK ALMOST A MILLENNIUM. WITH EVERY STEP, FEEL HISTORY BECOME INSTANTLY AND MOVINGLY TANGIBLE AND EXPERIENCE THE HERITAGE THAT FILLS OLD TOWN'S THRIVING STREETS WITH LIFE.

**THE SERENE SETTING OF THE OLD TOWN AMPHITHEATRE SET IN THE HEART OF THE OLD TOWN WILL HOST A LES MILLS SIGNATURE PILATES SESSION.**

## HARRAT VIEWPOINT



GET A LOFTY  
PERSPECTIVE

ALULA IS BLESSED WITH NUMEROUS LOOKOUT POINTS THAT OFFER AN ELEVATED VIEW OF THE EPIC LANDSCAPE, BUT NONE QUITE AS EPIC AS HARRAT VIEWPOINT. STAND AT WHAT FEELS LIKE THE EDGE OF THE WORLD, OVERLOOKING DEEP CANYONS, THE LUSH GREEN OASIS AND INCREDIBLE ROCK FORMATIONS AS FAR AS THE EYE CAN SEE.

**EXPERIENCE CLASSES WITH LES MILLS TOP TRAINERS AS THE SUN SETS IN THIS BEAUTIFUL LOCATION.**

## ELEPHANT ROCK



ICON SET  
IN STONE

A TRUE ICON OF ALULA, THE ELEPHANT SHAPED ROCK FORMATION STRETCHES UP 52 METRES INTO THE SKY, ITS WARM-HUED SANDSTONE SHAPED BY WIND AND WATER EROSION OVER THE COURSE OF MILLIONS OF YEARS. KNOWN IN ARABIC AS JABAL ALFIL, ELEPHANT ROCK IS PARTICULARLY MAGICAL AT DUSK WHEN THE FADING SUN CASTS A BEWITCHING DEEP CRIMSON LIGHT OVER THE TRUNK AND BODY OF ALULA'S FAMOUS GEOLOGICAL PACHYDERM.

**JOIN A SERIES OF UP TEMPO CLASSES FROM LES MILLS WITH THE STUNNING ELEPHANT ROCK LIT IN THE BACKGROUND.**

## HEART OF THE OASIS



A NOURISHING  
LIFELINE

IN THE GOLDEN DESERT SANDS OF ALULA STAND LUSH AND INVITING GROVES OF DATE PALMS THAT NOT ONLY PRODUCE MORE THAN 90,000 TONNES OF DATES EVERY YEAR BUT ALSO ACT AS A CORNERSTONE OF THE NATURAL ECOSYSTEM. A WELCOMING SIGHT FOR MERCHANTS, PILGRIMS AND OTHER TRAVELLERS PASSING THROUGH THIS REGION TO DADAN OR PERHAPS HEGRA, ALULA'S DATE PALM GROVES OFFERED MUCH-NEEDED SHADE AS WELL AS WOOD FOR BUILDING SHELTERS AND FUEL WHILE OFFERING A PRECIOUS SOURCE OF INCOME FOR LOCAL COMMUNITIES.

**JOIN LES MILLS YOGA SERIES AND BODYBALANCE IN THE TRANQUIL SETTING OF THE DATE PALM CANOPY.**

## LIHYAN SON OF KUZA



REMEMBERING  
THE PAST

REACH BACK INTO THE PAST AND ENCOUNTER ALULA'S ANCIENT CULTURES AND LEARN ABOUT HOW PEOPLE LIVED. OBSERVE EXPERTLY CARVED STONE BLOCKS – OR BETYLS – THAT ACTED AS REPRESENTATIONS OF THE GODS. AWAY FROM HEGRA'S CAPTIVATING TOMBS, THIS ANCIENT NABATAEAN CITY ALSO BOASTS EXAMPLES OF ANCIENT ENGINEERING AND CRAFTSMANSHIP SUCH AS WELLS AND STONE-LINED WATER CHANNELS. DEFENSIVE WALLS, GATES AND TOWERS THAT ONCE ENCIRCLED THE CITY SHOW THE ROMAN INFLUENCE AT HEGRA.

**THE HISTORIC BACKDROP OF THE LARGEST NABATEAN TOMB IN HEGRA FORMS THE BEAUTIFUL BACKGROUND FOR LES MILLS SHAPES CLASSES.**

ALULA  
WELLNESS  
FESTIVAL 2025

LES MILLS ICONIC  
FITNESS CLASSES

LES MILLS BODY ATTACK

BODY ATTACK IS HIGH-ENERGY INTERVAL TRAINING THAT BLENDS ATHLETIC MOVES WITH STRENGTH AND COORDINATION. IT'S SWEAT, SMILES, AND SERIOUS CARDIO GAINS.

LES MILLS BODY BALANCE

BODY BALANCE IS THE PERFECT BLEND OF YOGA, TAI CHI, AND PILATES. BREATHE, STRETCH, AND BUILD MINDFUL STRENGTH IN HARMONY.

LES MILLS BODY COMBAT

BODY COMBAT CHANNELS INNER STRENGTH THROUGH DYNAMIC MARTIAL-ARTS INSPIRED TRAINING. EMPOWER YOUR BODY, SHARPEN YOUR FOCUS, AND RELEASE ENERGY IN EVERY JAB AND KICK.

LES MILLS BODY PUMP

BODY PUMP IS THE ORIGINAL BARBELL CLASS. HIGH-REP, LOW-WEIGHT MOVEMENTS BUILD LEAN STRENGTH, BURN FAT, AND LEAVE YOU FEELING STRONG AND UNSTOPPABLE.

LES MILLS CEREMONY

LES MILLS CEREMONY BLENDS MINDFUL MOVEMENT AND STORYTELLING IN A COLLECTIVE FITNESS RITUAL. EXPECT UNITY, SWEAT, AND TRANSFORMATION THROUGH IMMERSIVE CHOREOGRAPHY.

ALULA  
WELLNESS  
FESTIVAL 2025

LES MILLS ICONIC  
FITNESS CLASSES

LES MILLS PILATES

LES MILLS PILATES IS PRECISION-BASED MOVEMENT FOR CORE, MOBILITY, AND POSTURE. FEEL LONG, LEAN, AND IN CONTROL AS YOU BUILD DEEP STRENGTH.

LES MILLS RPM

RPM IS AN INDOOR CYCLING JOURNEY SET TO POWERFUL BEATS. SPRINT, CLIMB, AND RIDE WAVES OF INTENSITY IN A CARDIO SESSION THAT FUELS YOUR FIRE.

LES MILLS SHAPES

SHAPES SCULPTS YOUR BODY WITH FLOWING, LOW-IMPACT SEQUENCES. IT'S GRACEFUL, GROUNDED, AND SURPRISINGLY POWERFUL.

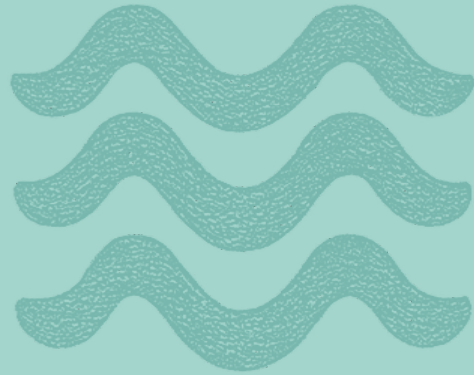
LES MILLS TONE

TONE BLENDS CARDIO, STRENGTH, AND CORE TRAINING IN ONE POWERFUL WORKOUT. IT'S A FULL-BODY SESSION THAT BALANCES CHALLENGE WITH ACCESSIBILITY.

LES MILLS YOGA SERIES

THIS LES MILLS YOGA SERIES MODERNIZES TRADITION. FLOW THROUGH ACCESSIBLE, EXPERTLY GUIDED POSES DESIGNED TO STRENGTHEN AND SOOTHE IN EQUAL MEASURE.

# MAKE A MARK!



TWENTY TWO SIGNATURE LES MILLS CLASSES WILL BE PRESENTED IN SIX OF ALULA'S ICONIC LOCATIONS OVER THE COURSE OF THE NINE DAYS OF THE FESTIVAL

WE INVITE PARTICIPANTS TO VISIT ALL OF THE LOCATIONS AND COLLECT STAMPS WITHIN THIS BOOKLET WHILST ATTENDING THE LES MILLS ICONIC FITNESS CLASSES.

THE BOOKLET ACTS AS A GREAT MEMORY AND SOUVENIR OF TAKING PART IN THIS STUNNING SEQUENCE OF SIGNATURE LES MILLS CLASSES

WHEN ATTENDING ASK THE STAFF TO STAMP YOUR PASSPORT TO FITNESS!

## LES MILLS ICONIC FITNESS CLASSES SCHEDULE

**ALULA  
WELLNESS**  
FESTIVAL 2025

**LES MILLS ICONIC FITNESS  
CLASSES SCHEDULE**

**FRIDAY 24<sup>TH</sup> OCTOBER**

**RPM**

05:00 PM | 45 MINS | HARRAT VIEWPOINT

**LES MILLS BODYPUMP**

07:00 AM | 60 MINS | ELEPHANT ROCK

**LES MILLS BODYCOMBAT**

08:00 PM | 60 MINS | ELEPHANT ROCK

**SUNDAY 26<sup>TH</sup> OCTOBER**

**LES MILLS PILATES**

07:00 AM | 45 MINS | OLD TOWN AMPHI

**LES MILLS BODYPUMP**

08:00 AM | 60 MINS | MARAYA ROOFTOP

**TUESDAY 28<sup>TH</sup> OCTOBER**

**GRIT CARDIO**

06:15 PM | 30 MINS | ELEPHANT ROCK

**LES MILLS YOGA SERIES**

07:00 AM | 45 MINS | HEART OF THE OASIS

**SATURDAY 25<sup>TH</sup> OCTOBER**

**LES MILLS CEREMONY**

05:00 PM | 45 MINS | HARRAT VIEWPOINT

**LES MILLS SHAPES**

07:00 AM | 45 MINS | LIHYAN SON OF KUZA

**LES MILLS BODYATTACK**

08:00 PM | 60 MINS | ELEPHANT ROCK

**MONDAY 27<sup>TH</sup> OCTOBER**

**LES MILLS BODYBALANCE**

04:30 PM | 60 MINS | HEART OF THE OASIS

**LES MILLS BODYCOMBAT**

0800 AM | 60 MINS | MARAYA ROOFTOP

**ALULA  
WELLNESS**  
FESTIVAL 2025

**LES MILLS ICONIC FITNESS  
CLASSES SCHEDULE**

**WEDNESDAY 29<sup>TH</sup> OCTOBER**

**LES MILLS BODYPUMP**

06:15 PM | 60 MINS | ELEPHANT ROCK

**LES MILLS YOGA SERIES**

07:00 AM | 45 MINS | HEART OF THE OASIS

**FRIDAY 31<sup>ST</sup> OCTOBER**

**LES MILLS PILATES**

05:00 PM | 45 MINS | MARAYA ROOFTOP

**LES MILLS BODYATTACK**

08:00 PM | 60 MINS | ELEPHANT ROCK

**LES MILLS BODYPUMP**

07:00 AM | 45 MINS | MARAYA ROOFTOP

**THURSDAY 30<sup>TH</sup> OCTOBER**

**LES MILLS CEREMONY**

05:00 PM | 45 MINS | ELEPHANT ROCK

**LES MILLS SHAPES**

07:00 AM | 45 MINS | LIHYAN SON OF KUZA

**SATURDAY 1<sup>ST</sup> NOVEMBER**

**RPM**

05:00 PM | 45 MINS | HARRAT VIEWPOINT

**LES MILLS BODYCOMBAT**

06:15 PM | 60 MINS | ELEPHANT ROCK

**GRIT STRENGTH**

07:00 AM | 30 MINS | MARAYA ROOFTOP

COLLECT YOUR UNIQUE  
LES MILLS ICONIC FITNESS  
STAMPS HERE

DAY 1

FRIDAY 24<sup>TH</sup> OCTOBER

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DAY 2

SATURDAY 25<sup>TH</sup> OCTOBER

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COLLECT YOUR UNIQUE  
LES MILLS ICONIC FITNESS  
STAMPS HERE

DAY 3

SUNDAY 26<sup>TH</sup> OCTOBER

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DAY 4

MONDAY 27<sup>TH</sup> OCTOBER

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COLLECT YOUR UNIQUE  
LES MILLS ICONIC FITNESS  
STAMPS HERE

DAY 5

TUESDAY 28<sup>TH</sup> OCTOBER

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DAY 6

WEDNESDAY 29<sup>TH</sup> OCTOBER

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COLLECT YOUR UNIQUE  
LES MILLS ICONIC FITNESS  
STAMPS HERE

DAY 7

THURSDAY 30<sup>TH</sup> OCTOBER

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DAY 8

FRIDAY 31<sup>ST</sup> OCTOBER

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DAY 9

SATURDAY 1<sup>ST</sup> NOVEMBER

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