

# YOGA & LES MILLS SESSIONS



ALULA  
WELLNESS  
FESTIVAL 2025

لحظات العِلا  
ALULA MOMENTS

| DATE                            | START TIME | END TIME | LOCATION              | NAME                            | TYPE                      |
|---------------------------------|------------|----------|-----------------------|---------------------------------|---------------------------|
| FRIDAY 24 <sup>TH</sup> OCTOBER | 07:00 AM   | 08:00 AM | ELEPHANT ROCK         | LES MILLS BODY PUMP             | LES MILLS CALSS           |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | SHADEN RESORT ALULA   | MUSEMENT BARRE                  | DANCE FITNESS CLASS       |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | OUR HABITAS ALULA     | GROUND VINYASA FLOW             | MIND-BODY WELLNESS CLASS  |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY | CLASSICAL YOGA & PRANAYAMA      | MIND-BODY WELLNESS CLASS  |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 11:00 AM   | 12:00 PM | FIVE SENSES SANCTUARY | ECHOES OF THE ANCIENT LAND      | MEDITATION WELLNESS CLASS |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 11:00 AM   | 12:00 PM | BANYAN TREE ALULA     | ZUMBA PASSION UNLEASHED         | DANCE FITNESS CLASS       |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 03:30 PM   | 04:30 PM | FIVE SENSES SANCTUARY | MOVE WITH PURPOSE               | MIND-BODY WELLNESS CLASS  |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 04:00 PM   | 05:30 PM | OUR HABITAS ALULA     | ECSTATIC DANCE BY CHARL CHAKA   | DANCE FITNESS CLASS       |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 05:00 PM   | 05:45 PM | HARRAT VIEWPOINT      | RPM                             | LES MILLS CALSS           |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | BANYAN TREE ALULA     | ACTIVE RHYTHMS OF BREATH        | MEDITATION WELLNESS CLASS |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | SHADEN RESORT ALULA   | ART THERAPY - EMOTIONAL RELEASE | ART THERAPY WELNESS CLASS |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | BANYAN TREE ALULA     | YOGA SCULPT                     | MIND-BODY WELLNESS CLASS  |
| FRIDAY 24 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | SHADEN RESORT ALULA   | AFRO BEATS                      | DANCE FITNESS CLASS       |

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| FRIDAY 24 <sup>TH</sup> OCTOBER   | 06:00 PM   | 07:00 PM | OUR HABITAS ALULA          | MEDITATION                    | MEDITATION WELLNESS CLASS |
| FRIDAY 24 <sup>TH</sup> OCTOBER   | 08:00 PM   | 09:00 PM | ELEPHANT ROCK              | LES MILLS BODY COMBAT         | LES MILLS CALSS           |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 07:00 AM   | 07:45 AM | HEGRA - LIHYAN SON OF KUZA | LES MILLS SHAPES              | LES MILLS CALSS           |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | OUR HABITAS ALULA          | BOOTYBURN                     | DANCE FITNESS CLASS       |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | BANYAN TREE ALULA          | PRANAYAMA                     | MEDITATION WELNESS CLASS  |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY      | STRONG BODY, SOFT MIND        | MIND-BODY WELLNESS CLASS  |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 10:00 AM   | 11:00 AM | OUR HABITAS ALULA          | 5 ELEMENTS BREATH & FLOW      | MIND-BODY WELLNESS CLASS  |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 10:30 AM   | 11:30 AM | SHADEN RESORT ALULA        | AFRO BEATS                    | DANCE FITNESS CLASS       |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 10:30 AM   | 12:00 PM | FIVE SENSES SANCTUARY      | ECSTATIC DANCE BY CHARL CHAKA | DANCE FITNESS CLASS       |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 03:30 PM   | 04:30 PM | FIVE SENSES SANCTUARY      | YOGA NIDRA                    | MIND-BODY WELLNESS CLASS  |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 05:00 PM   | 05:45 PM | HARRAT VIEWPOINT           | LES MILLS CEREMONY            | LES MILLS CALSS           |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | SHADEN RESORT ALULA        | ALULA YOGA VIBES              | MIND-BODY WELLNESS CLASS  |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | BANYAN TREE ALULA          | EASE & EXPAND FLOW            | MIND-BODY WELLNESS CLASS  |

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| SATURDAY 25 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | BANYAN TREE ALULA     | LIQUID LIGHT:<br>WATER VINYASA FLOW  | MIND-BODY WELLNESS        |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | SHADEN RESORT ALULA   | HIIT WITH NELLY                      | DANCE FINTESS CLASS       |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 07:45 PM   | 08:45 PM | OUR HABITAS ALULA     | ZUMBA PASSION UNLEASHED              | DANCE FINTESS CLASS       |
| SATURDAY 25 <sup>TH</sup> OCTOBER | 08:00 PM   | 09:00 PM | ELEPHANT ROCK         | LES MILLS BODY ATTACK                | LES MILLS CLASS           |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 07:00 AM   | 07:45 AM | OLD TOWN AMPHITHEATER | LES MILLS PILATES                    | LES MILLS CLASS           |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 08:00 AM   | 09:00 AM | MARAYA                | LES MILLS BODY PUMP                  | LES MILLS CLASS           |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY | HEART OPENING FLOW                   | MIND-BODY WELLNESS CLASS  |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 11:00 AM   | 12:00 PM | OUR HABITAS ALULA     | DEEP HOUSE YOGA                      | MIND-BODY WELLNESS CLASS  |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 01:45 PM   | 03:15 PM | FIVE SENSES SANCTUARY | ECSTATIC DANCE BY CHARL CHAKA        | DANCE FINTESS CLASS       |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 05:00 PM   | 06:00 PM | OUR HABITAS ALULA     | ART THERAPY - SELF DISCOVERY         | ART THERAPY WELNESS CLASS |
| SUNDAY 26 <sup>TH</sup> OCTOBER   | 06:00 PM   | 07:00 PM | OUR HABITAS ALULA     | STRETCH WITH NELLY                   | MIND-BODY WELLNESS CLASS  |
| MONDAY 27 <sup>TH</sup> OCTOBER   | 08:00 AM   | 09:00 AM | MARAYA                | LES MILLS BODY COMBAT                | LES MILLS CLASS           |
| MONDAY 27 <sup>TH</sup> OCTOBER   | 08:30 AM   | 09:30 AM | OUR HABITAS ALULA     | SOUL GAZING AND<br>JOURNALING CIRCLE | MEDITATION WELLNESS CLASS |

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|------------------------------------|------------|----------|-----------------------|------------------------------------------|---------------------------|
| MONDAY 27 <sup>TH</sup> OCTOBER    | 08:30 AM   | 10:00 AM | FIVE SENSES SANCTUARY | ECSTATIC DANCE BY CHARL CHAKA            | DANCE FINTESS CLASS       |
| MONDAY 27 <sup>TH</sup> OCTOBER    | 03:30 PM   | 04:30 PM | FIVE SENSES SANCTUARY | SOUL-FLOW VINYASA                        | MIND-BODY WELLNESS CLASS  |
| MONDAY 27 <sup>TH</sup> OCTOBER    | 04:30 PM   | 05:30 PM | HEART OF OASIS ALULA  | LES MILLS BODY BALANCE                   | LES MILLS CLASS           |
| MONDAY 27 <sup>TH</sup> OCTOBER    | 05:00 PM   | 06:00 PM | OUR HABITAS ALULA     | WINGS OF THE HEART:<br>CHEST & SHOULDERS | MIND-BODY WELLNESS CLASS  |
| MONDAY 27 <sup>TH</sup> OCTOBER    | 06:00 PM   | 07:00 PM | OUR HABITAS ALULA     | CLASSICAL YOGA & PRANAYAMA               | MIND-BODY WELLNESS CLASS  |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 07:00 AM   | 07:45 AM | HEART OF OASIS ALULA  | LES MILLS YOGA SERIES                    | LES MILLS CLASS           |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 08:30 AM   | 09:30 AM | BANYAN TREE ALULA     | DYNAMIC VINYASA<br>LINES OF MOTION       | MIND-BODY WELLNESS CLASS  |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY | AWAKENED POWER FLOW                      | MIND-BODY WELLNESS CLASS  |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 12:30 PM   | 01:30 PM | BANYAN TREE ALULA     | 5RHYTHMS CREATIVE MOVEMENT               | DANCE FINTESS CLASS       |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 03:30 PM   | 04:30 PM | FIVE SENSES SANCTUARY | ART THERAPY - MANIFEST                   | ART THERAPY WELNESS CLASS |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 06:00 PM   | 07:00 PM | BANYAN TREE ALULA     | SOUND IMMERSION INTO STILLNESS           | MEDITATION WELNESS CLASS  |
| TUESDAY 28 <sup>TH</sup> OCTOBER   | 06:15 PM   | 06:45 PM | ELEPHANT ROCK         | GRIT CARDIO                              | LES MILLS CLASS           |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 07:00 AM   | 07:45 AM | HEART OF OASIS ALULA  | LES MILLS YOGA SERIES                    | LES MILLS CLASS           |

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| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 10:00 AM   | 11:00 AM | ALMANSHIYA PLAZA           | AWAKENED POWER FLOW                   | MIND-BODY WELLNESS CLASS   |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 11:00 AM   | 12:00 PM | BANYAN TREE ALULA          | ZUMBA MASTERCLASS                     | DANCE FITNESS CLASS        |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 02:15 PM   | 03:15 PM | ALMANSHIYA PLAZA           | ZUMBA MASTERCLASS                     | DANCE FITNESS CLASS        |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | BANYAN TREE ALULA          | RESONNANCE RITUAL<br>SOUND JOURNEY    | MEDITATION WELLNESS CLASS  |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | BANYAN TREE ALULA          | LUNAR THREAD:<br>MOONLIT VINYASA FLOW | MIND-BODY WELLNESS CLASS   |
| WEDNESDAY 29 <sup>TH</sup> OCTOBER | 06:15 PM   | 07:15 PM | ELEPHANT ROCK              | LES MILLS BODY PUMP                   | LES MILLS CLASS            |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 07:00 AM   | 07:45 AM | HEGRA - LIHYAN SON OF KUZA | LES MILLS SHAPES                      | LES MILLS CLASS            |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 08:30 AM   | 09:30 AM | ALMANSHIYA PLAZA           | CLASSICAL YOGA & PRANAYAMA            | MIND-BODY WELLNESS CLASS   |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 08:30 AM   | 09:30 AM | OUR HABITAS ALULA          | ART THERAPY:<br>INNER CHILD HEALING   | ART THERAPY WELLNESS CLASS |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 08:30 AM   | 09:30 AM | BANYAN TREE ALULA          | SOUL-FLOW VINYASA                     | MIND-BODY WELLNESS CLASS   |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 09:30 AM   | 10:30 AM | SHADEN RESORT ALULA        | ZUMBA MASTERCLASS                     | DANCE FITNESS CLASS        |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 11:00 AM   | 12:00 PM | ALMANSHIYA PLAZA           | AFRO BEATS                            | DANCE FITNESS CLASS        |
| THURSDAY 30 <sup>TH</sup> OCTOBER  | 03:00 PM   | 04:00 PM | ALMANSHIYA PLAZA           | MEDITATION                            | MEDITATION WELLNESS CLASS  |

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| THURSDAY 30 <sup>TH</sup> OCTOBER | 04:30 PM   | 05:30 PM | BANYAN TREE ALULA     | BEYOND THE BODY:<br>SONIC SURRENDER | DANCE FINTESS CLASS       |
| THURSDAY 30 <sup>TH</sup> OCTOBER | 05:00 PM   | 05:45 PM | ELEPHANT ROCK         | LES MILLS CEREMONY                  | LES MILLS CLASS           |
| THURSDAY 30 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | SHADEN RESORT ALULA   | BREATHING CHOCOLATE MEDITATION      | MEDITATION WELLNESS CLASS |
| THURSDAY 30 <sup>TH</sup> OCTOBER | 05:00 PM   | 06:00 PM | OUR HABITAS ALULA     | CLASSICAL YOGA & PRANAYAMA          | MIND-BODY WELLNESS CLASS  |
| THURSDAY 30 <sup>TH</sup> OCTOBER | 06:00 PM   | 07:00 PM | OUR HABITAS ALULA     | STRETCH IT OUT!                     | MIND-BODY WELLNESS CLASS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 07:00 AM   | 08:00 AM | MARAYA                | LES MILLS BODY PUMP                 | LES MILLS CLASS           |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 08:30 AM   | 09:30 AM | OUR HABITAS ALULA     | ZUMBA MASTERCLASS                   | DANCE FITNESS CLASS       |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY | YOGA NIDRA                          | MIND-BODY WELLNESS CLASS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 08:30 AM   | 09:30 AM | SHADEN RESORT ALULA   | SOUL-FLOW VINYASA                   | MIND-BODY WELLNESS CLASS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 11:00 AM   | 11:45 AM | BANYAN TREE ALULA     | FLEX & FLOW REFORMER WITH NAT       | MIND-BODY WELLNESS CLASS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 11:00 AM   | 12:00 PM | FIVE SENSES SANCTUARY | 5RHYTHMS CREATIVE MOVEMENT          | DANCE FITNESS CLASS       |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 04:00 PM   | 05:30 PM | FIVE SENSES SANCTUARY | TEA CEREMONY                        | MIND-BODY WELLNESS CLASS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER   | 03:30 PM   | 04:30 PM | FIVE SENSES SANCTUARY | CLASSICAL YOGA & PRANAYAMA          | MIND-BODY WELLNESS CLASS  |

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| FRIDAY 31 <sup>ST</sup> OCTOBER    | 04:30 PM   | 05:30 PM | SHADEN RESORT ALULA   | AFRO BEATS                         | DANCE FITNESS CLASS       |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 05:00 PM   | 05:45 PM | HARRAT VIEWPOINT      | LES MILLS PILATES                  | LES MILLS CLASS           |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 05:00 PM   | 06:00 PM | BANYAN TREE ALULA     | SOUND JOURNEY THROUGH SAND & STARS | MEDITATION WELLNESS CLASS |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 05:00 PM   | 06:00 PM | OUR HABITAS ALULA     | FINDING BALANCE                    | MIND-BODY WELLNESS CALSS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 06:00 PM   | 07:00 PM | OUR HABITAS ALULA     | FLOATING SOUND BATH                | MEDITATION WELLNESS CLASS |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 06:00 PM   | 07:00 PM | SHADEN RESORT ALULA   | CLASSICAL YOGA & PRANAYAMA         | MIND-BODY WELLNESS CALSS  |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 07:45 PM   | 08:45 PM | BANYAN TREE ALULA     | ROOT TO RISE: ECSTATIC AWAKENING   | DANCE FITNESS CLASS       |
| FRIDAY 31 <sup>ST</sup> OCTOBER    | 08:00 PM   | 09:00 PM | ELEPHANT ROCK         | LES MILLS BODY ATTACK              | LES MILLS CLASS           |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 07:00 AM   | 07:30 AM | MARAYA                | GRIT STRENGTH                      | LES MILLS CLASS           |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 08:30 AM   | 09:30 AM | FIVE SENSES SANCTUARY | BEYOND THE BODY: SONIC SURRENDER   | DANCE FITNESS CLASS       |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 08:30 AM   | 09:30 AM | BANYAN TREE ALULA     | 100 YEARS OF KAHLIL GIBRAN         | MEDITATION WELLNESS CLASS |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 08:30 AM   | 09:30 AM | SHADEN RESORT ALULA   | RETURN TO INNOCENCE                | MEDITATION WELLNESS CLASS |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 08:30 AM   | 09:15 AM | OUR HABITAS ALULA     | FLEX & FLOW REFORMER WITH VIC      | MIND-BODY WELLNESS CALSS  |

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| SATURDAY 01 <sup>ST</sup> NOVEMBER | 11:00 AM   | 12:00 PM | FIVE SENSES SANCTUARY | UNLOCKED MOBILITY           | MIND-BODY WELLNESS CALSS  |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 02:15 PM   | 03:15 PM | FIVE SENSES SANCTUARY | THE UNSEEN PATH             | MIND-BODY WELLNESS CLASS  |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 04:00 PM   | 05:30 PM | FIVE SENSES SANCTUARY | TEA CEREMONY                | MIND-BODY WELLNESS CLASS  |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 04:30 PM   | 05:30 PM | SHADEN RESORT ALULA   | ZUMBA MASTERCLASS           | DANCE FITNESS CLASS       |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 04:30 PM   | 05:30 PM | BANYAN TREE ALULA     | AFRO BEATS                  | DANCE FITNESS CLASS       |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 05:00 PM   | 05:45 PM | HARRAT VIEWPOINT      | RPM                         | LES MILLS CLASS           |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 05:00 PM   | 06:00 PM | OUR HABITAS ALULA     | EYE GAZING & CACAO CEREMONY | MEDITATION WELLNESS CLASS |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 06:00 PM   | 07:00 PM | BANYAN TREE ALULA     | ALULA YOGA VIBES            | MIND-BODY WELLNESS CLASS  |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 06:15 PM   | 07:15 PM | ELEPHANT ROCK         | LES MILLS BODY COMBAT       | LES MILLS CLASS           |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 07:30 PM   | 08:30 PM | SHADEN RESORT ALULA   | FLOATING SOUND BATH         | MEDITATION WELLNESS CLASS |
| SATURDAY 01 <sup>ST</sup> NOVEMBER | 07:45 PM   | 08:45 PM | OUR HABITAS ALULA     | 5RHYTHMS CREATIVE MOVEMENT  | DANCE FITNESS CLASS       |