

YOGA AND LES MILLS SESSIONS BUS SCHEDULE



ALULA
WELLNESS
FESTIVAL 2025

لحظات العِلا
ALULA MOMENTS

FRIDAY 24TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	08:00 AM	ELEPHANT ROCK	LES MILLS BODY PUMP	06:20 AM	08:30 AM
08:30 AM	09:30 AM	SHADEN RESORT ALULA	MUSEMENT BARRE	07:50 AM	10:00 AM
08:30 AM	09:30 AM	OUR HABITAS ALULA	GROUNDING VINYASA FLOW	07:30 AM	10:00 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	CLASSICAL YOGA & PRANAYAMA	07:50 AM	10:00 AM
11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	ECHOES OF THE ANCIENT LAND	10:20 AM	12:30 PM
11:00 AM	12:00 PM	BANYAN TREE ALULA	ZUMBA PASSION UNLEASHED	10:00 AM	12:30 PM
EVENING					
03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	MOVE WITH PURPOSE	02:50 PM	05:00 PM
04:00 PM	05:30 PM	OUR HABITAS ALULA	ESCTATIC DANCE BY CHARL CHAKA	03:30 PM	06:00 PM
05:00 PM	05:45 PM	HARRAT VIEWPOINT	RPM	04:10 PM	06:15 PM
05:00 PM	06:00 PM	BANYAN TREE ALULA	ACTIVE RHYTHMS OF BREATH	04:00 PM	06:30 PM
05:00 PM	06:00 PM	SHADEN RESORT ALULA	ART THERAPY: EMOTIONAL RELEASE	04:20 PM	06:30 PM
06:00 PM	07:00 PM	BANYAN TREE ALULA	YOGA SCULPT	05:00 PM	07:30 PM
06:00 PM	07:00 PM	SHADEN RESORT ALULA	AFRO BEATS	05:20 PM	07:30 PM
06:00 PM	07:00 PM	OUR HABITAS ALULA	MEDITATION	05:00 PM	07:30 PM
08:00 PM	09:00 PM	ELEPHANT ROCK	LES MILLS BODY COMBAT	07:20 PM	09:30 PM

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SATURDAY 25TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:45 AM	HEGRA - LIHYAN SON OF KUZA	LES MILLS SHAPES	06:00 AM	08:15 AM
08:30 AM	09:30 AM	OUR HABITAS ALULA	BOOTYBURN	07:30 AM	10:00 AM
08:30 AM	09:30 AM	SHADEN RESORT ALULA	AFRO BEATS	07:50 AM	10:00 AM
08:30 AM	09:30 AM	BANYAN TREE ALULA	PRANAYAMA	07:30 AM	10:00 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	STRONG BODY, SOFT MIND	07:50 AM	10:00 AM
10:00 AM	11:00 AM	OUR HABITAS ALULA	5 ELEMENTS BREATH & FLOW	09:00 AM	11:30 AM
10:30 AM	12:00 PM	FIVE SENSES SANCTUARY	ESCTATIC DANCE BY CHARL CHAKA	09:45 AM	12:30 PM
EVENING					
03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	YOGA NIDRA	02:50 PM	05:00 PM
05:00 PM	05:45 PM	HARRAT VIEWPOINT	LES MILLS CEREMONY	04:10 PM	06:15 PM
05:00 PM	06:00 PM	SHADEN RESORT ALULA	ALULA YOGA VIBES	04:20 PM	06:30 PM
05:00 PM	06:00 PM	BANYAN TREE ALULA	EASE & EXPAND FLOW	04:00 PM	06:30 PM
06:00 PM	07:00 PM	BANYAN TREE ALULA	LIQUID LIGHT: WATER VINYASA FLOW	05:20 PM	07:30 PM
06:00 PM	07:00 PM	SHADEN RESORT ALULA	HIIT WITH NELLY	05:20 PM	07:30 PM
07:45 PM	08:45 PM	OUR HABITAS ALULA	ZUMBA PASSION UNLEASHED	06:45 PM	09:15 PM
08:00 PM	09:00 PM	ELEPHANT ROCK	LES MILLS BODY ATTACK	07:20 PM	09:30 PM

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SUNDAY 26TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:45 AM	OLD TOWN AMPHITHEATER	LES MILLS PILATES	06:20 AM	08:15 AM
08:00 AM	09:00 AM	MARAYA	LES MILLS BODY PUMP	07:10 AM	09:30 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	HEART OPENING FLOW	07:50 AM	10:00 AM
11:00 AM	12:00 PM	OUR HABITAS ALULA	DEEP HOUSE YOGA	10:00 AM	12:30 PM
EVENING					
01:45 PM	03:15 PM	FIVE SENSES SANCTUARY	ESTATIC DANCE BY CHARL CHAKA	01:00 PM	03:45 PM
05:00 PM	06:00 PM	OUR HABITAS ALULA	ART THERAPY: SELF-DISCOVERY	04:00 PM	06:30 PM
06:00 PM	07:00 PM	OUR HABITAS ALULA	STRETCH WITH NELLY	05:00 PM	07:30 PM

YOGA AND LES MILLS SESSIONS BUS SCHEDULE



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MONDAY 27TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
08:00 AM	09:00 AM	MARAYA	LES MILLS BODY COMBAT	07:10 AM	09:30 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	ESTATIC DANCE BY CHARL CHAKA	07:50 AM	10:00 AM
08:30 AM	09:30 AM	OUR HABITAS ALULA	SOUL GAZING & JOURNALING CEREMONY	07:30 AM	10:00 AM
EVENING					
03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	SOUL-FLOW VINYASA	02:50 PM	05:00 PM
04:30 PM	05:30 PM	HEART OF OASIS ALULA	LES MILLS BODY BALANCE	03:45 PM	06:00 PM
05:00 PM	06:00 PM	OUR HABITAS ALULA	WINGS OF THE HEART: CHEST & SHOULDERS	04:00 PM	06:30 PM
06:00 PM	07:00 PM	OUR HABITAS ALULA	CLASSICAL YOGA & PRANAYAMA	05:15 PM	07:30 PM

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TUESDAY 28TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:45 AM	HEART OF OASIS ALULA	LES MILLS YOGA SERIES	06:15 AM	08:15 AM
08:30 AM	09:30 AM	BANYAN TREE ALULA	DYNAMIC VINYASA: LINES OF MOTION	07:30 AM	10:00 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	AWAKENED POWER FLOW	07:50 AM	10:00 AM
EVENING					
12:30 PM	01:30 PM	BANYAN TREE ALULA	5RHYTHMS CREATIVE MOVEMENT	11:30 AM	02:00 PM
03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	ART THERAPY - MANIFEST	02:50 PM	05:00 PM
06:00 PM	07:00 PM	BANYAN TREE ALULA	SOUND IMMERSION INTO STILLNESS	05:00 PM	07:30 PM
06:15 PM	06:45 PM	ELEPHANT ROCK	GRIT CARDIO	05:40 PM	07:15 PM

YOGA AND LES MILLS SESSIONS BUS SCHEDULE



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WEDNESDAY 29TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:45 AM	HEART OF OASIS ALULA	LES MILLS YOGA SERIES	06:15 AM	08:15 AM
10:00 AM	11:00 AM	ALMANSHIYA PLAZA	AWAKENED POWER FLOW	09:00 AM	11:30 AM
11:00 AM	12:00 PM	BANYAN TREE ALULA	ZUMBA MASTERCLASS	10:00 AM	12:30 PM
EVENING					
02:15 PM	03:15 PM	ALMANSHIYA PLAZA	ZUMBA MASTERCLASS	01:20 PM	03:45 PM
05:00 PM	06:00 PM	BANYAN TREE ALULA	RESONNANCE RITUAL SOUND JOURNEY	04:00 PM	06:30 PM
06:00 PM	07:00 PM	BANYAN TREE ALULA	LUNAR THREAD MOONLIT: VINYASA FLOW	05:00 PM	07:30 PM
06:15 PM	07:15 PM	ELEPHANT ROCK	LES MILLS BODY PUMP	05:40 PM	07:45 PM

YOGA AND LES MILLS SESSIONS BUS SCHEDULE



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THURSDAY 30TH OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:45 AM	HEGRA - LIHYAN SON OF KUZA	LES MILLS SHAPES	06:00 AM	08:15 AM
08:30 AM	09:30 AM	ALMANSHIYA PLAZA	CLASSICAL YOGA & PRANAYAMA	07:50 AM	10:00 AM
08:30 AM	09:30 AM	OUR HABITAS ALULA	ART THERAPY: INNER CHILD HEALING	07:30 AM	10:00 AM
08:30 AM	09:30 AM	BANYAN TREE ALULA	SOUL-FLOW VINYASA	07:30 AM	10:00 AM
09:30 AM	10:30 AM	SHADEN RESORT ALULA	ZUMBA MASTERCALSS	08:50 AM	11:00 AM
11:00 AM	12:00 PM	ALMANSHIYA PLAZA	AFRO BEATS	10:15 AM	12:30 PM
EVENING					
03:00 PM	04:00 PM	ALMANSHIYA PLAZA	MEDITATION	02:20 PM	04:30 PM
04:30 PM	05:30 PM	BANYAN TREE ALULA	BEYOND THE BODY: SONIC SURRENDER	03:45 PM	06:00 PM
05:00 PM	05:45 PM	ELEPHANT ROCK	LES MILLS CEREMONY	04:20 PM	06:15 PM
05:00 PM	06:00 PM	OUR HABITAS ALULA	CLASSICAL YOGA & PRANAYAMA	04:00 PM	06:30 PM
05:00 PM	06:00 PM	SHADEN RESORT ALULA	BREATHING CHOCOLATE MEDITATION	04:20 PM	06:30 PM
06:00 PM	07:00 PM	OUR HABITAS ALULA	STRETCH IT OUT!	05:00 PM	07:30 PM

YOGA AND LES MILLS SESSIONS BUS SCHEDULE



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ALULA MOMENTS

FRIDAY 31ST OCTOBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	08:00 AM	MARAYA	LES MILLS BODY PUMP	06:15 AM	08:30 AM
08:30 AM	09:30 AM	OUR HABITAS ALULA	ZUMBA MASTERCALSS	07:30 AM	10:00 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	YOGA NIDRA	07:50 AM	10:00 AM
08:30 AM	09:30 AM	SHADEN RESORT ALULA	SOUL-FLOW VINYASA	07:50 AM	10:00 AM
11:00 AM	11:45 AM	BANYAN TREE ALULA	FLEX & FLOW REFORMER	10:00 AM	12:15 PM
11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	5RHYTHMS CREATIVE MOVEMENT	10:20 AM	12:30 PM
EVENING					
01:00 PM	02:30 PM	FIVE SENSES SANCTUARY	TEA CEREMONY	12:20 PM	03:00 PM
03:30 PM	04:30 PM	FIVE SENSES SANCTUARY	CLASSICAL YOGA & PRANAYAMA	02:50 PM	05:00 PM
04:30 PM	05:30 PM	SHADEN RESORT ALULA	AFRO BEATS	03:45 PM	06:00 PM
05:00 PM	05:45 PM	HARRAT VIEWPOINT	LES MILLS PILATES	04:10 PM	06:15 PM
05:00 PM	06:00 PM	BANYAN TREE ALULA	SOUND JOURNEY THROUGH SAND & STARS	04:00 PM	06:30 PM
05:00 PM	06:00 PM	OUR HABITAS ALULA	FINDING BALANCE	04:00 PM	06:30 PM
06:00 PM	07:00 PM	SHADEN RESORT ALULA	CLASSICAL YOGA & PRANAYAMA	05:15 PM	07:30 PM
06:00 PM	07:00 PM	OUR HABITAS ALULA	FLOATING SOUND BATH	05:00 PM	07:30 PM
07:45 PM	08:45 PM	BANYAN TREE ALULA	ROOT TO RISE: ECSTATIC AWAKENING	06:45 PM	09:15 PM
08:00 PM	09:00 PM	ELEPHANT ROCK	LES MILLES BODY ATTACK	07:20 PM	09:30 PM

YOGA AND LES MILLS
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ALULA
WELLNESS
FESTIVAL 2025

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ALULA MOMENTS

SATURDAY 1ST NOVEMBER

START TIME	END TIME	LOCATION	SESSION NAME	BUS DEPARTURE TIME FROM WINTER PARK	BUS DEPARTURE TIME FROM SESSION LOCATION
MORNING					
07:00 AM	07:30 AM	MARAYA	GRIT STRENGTH	06:10 AM	08:00 AM
08:30 AM	09:30 AM	BANYAN TREE ALULA	100 YEARS OF KAHLIL GIBRAN	07:30 AM	10:00 AM
08:30 AM	09:15 AM	OUR HABITAS ALULA	FLEX & FLOW REFORMER	07:50 AM	09:45 AM
08:30 AM	09:30 AM	SHADEN RESORT ALULA	RETURN OF INNOCENCE	07:30 AM	10:00 AM
08:30 AM	09:30 AM	FIVE SENSES SANCTUARY	BEYOND THE BODY: SONIC SURRENDER	07:50 AM	10:00 AM
11:00 AM	12:00 PM	FIVE SENSES SANCTUARY	UNLOCKED MOBILITY	10:20 AM	12:30 PM
EVENING					
02:15 PM	03:15 PM	FIVE SENSES SANCTUARY	THE UNSEEN PATH	01:15 PM	03:45 PM
04:00 PM	05:30 PM	FIVE SENSES SANCTUARY	TEA CEREMONY	03:20 PM	06:00 PM
04:30 PM	05:30 PM	SHADEN RESORT ALULA	ZUMBA MASTERCLASS	03:45 PM	06:00 PM
04:30 PM	05:30 PM	BANYAN TREE ALULA	AFRO BEATS	03:45 PM	06:00 PM
05:00 PM	05:45 PM	HARRAT VIEWPOINT	RPM	04:00 PM	06:15 PM
05:00 PM	06:00 PM	OUR HABITAS ALULA	EYE GAZING & CACAO CEREMONY	04:00 PM	06:30 PM
06:00 PM	07:00 PM	BANYAN TREE ALULA	ALULA YOGA VIBES	05:30 PM	07:30 PM
06:15 PM	07:15 PM	ELEPHANT ROCK	LES MILLS BODY COMBAT	05:30 PM	07:45 PM
07:30 PM	08:30 PM	SHADEN RESORT ALULA	FLOATING SOUND BATH	06:45 PM	09:00 PM
07:45 PM	08:45 PM	OUR HABITAS ALULA	5RHYTHMS CREATIVE MOVEMENT	06:45 PM	09:15 PM