

## THE WELLNESS CIRCUIT

Edition 1

Prioritize Your Wellness Goals !

<u>PROJECT NAME</u>	<u>Date</u>	<u>Time</u>	<u>Session</u>	<u>Amenity Location</u>
Prive	2025-05-24	8:00 AM – 9:00 AM	Yoga + progressive stretch conditioning	Outdoor Events Area
Capital bay	2025-05-24	6:00 PM – 7:00 PM	Aqua Yoga	Swimming Pool
Zada	2025-05-25	9:00 AM – 10:00 AM	Aqua Zumba	Swimming Pool
Merano	2025-05-25	7:00 PM – 8:00 PM	Power Yoga	Swimming Pool Area
Avanti Tower	2025-05-27	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Gym
Bays Edge	2025-05-28	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning	Swimming Pool Area
Business Tower	2025-05-29	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Gym
Park Towers	2025-05-30	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Swimming Pool Area
Ocean Heights	2025-05-31	8:00 AM – 9:00 AM	Core and Functional Fitness	Swimming Pool Area
VERA	2025-05-31	7:00 PM – 8:00 PM	Yoga + Mindfulness Meditation	Swimming Pool Area
REVA	2025-06-01	9:00 AM – 10:00 AM	Aqua Zumba	Swimming Pool
Majestine	2025-06-01	6:00 PM – 7:00 PM	Power Yoga	Swimming Pool Area
Park Central	2025-06-03	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Outdoor Events Area
Upper Crest	2025-06-04	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning + meditation	Swimming Pool Area
XL Tower	2025-06-05	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Gym
RBC	2025-06-06	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Outdoor Events Area



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Celestia	2025-06-07	6:00 PM – 7:00 PM	Aqua Yoga	Swimming Pool
Crescent Tower	2025-06-08	9:00 AM – 10:00 AM	Aqua Zumba	Swimming Pool
Lake Side	2025-06-08	7:00 PM – 8:00 PM	Power Yoga	Swimming Pool Area
Executive Bay	2025-06-10	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Swimming Pool Area
Tenora	2025-06-11	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning + meditation	Swimming Pool Area
Marina Terrace	2025-06-12	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Swimming Pool Area
The Waves	2025-06-13	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Swimming Pool Area
Ghalia Tower	2025-06-14	8:00 AM – 9:00 AM	Yoga + progressive stretch conditioning	Swimming Pool Area
Lago Vista	2025-06-14	6:00 PM – 7:00 PM	Aqua Yoga	Swimming Pool
Emirates garden 2	2025-06-15	9:00 AM – 10:00 AM	Aqua Aerobics	Swimming Pool
Tower 108	2025-06-15	7:00 PM – 8:00 PM	Power Yoga	Swimming Pool Area
Canal Views	2025-06-18	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning	Swimming Pool Area
Cour Jardin	2025-06-19	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Swimming Pool Area
Green Park A	2025-06-20	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Gym



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Paramount Towers Hotel & Residence	2025-06-21	8:00 AM – 9:00 AM	Yoga + progressive stretch conditioning	Swimming Pool Area
DAMAC Towers by Paramount - DTP	2025-06-21	6:00 PM – 7:00 PM	Aqua Yoga	Swimming Pool
The Distinction	2025-06-22	9:00 AM – 10:00 AM	Aqua Zumba	Swimming Pool
Arjan- Lincoln Park B & Westside	2025-06-24	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Gym
Arjan- Lincoln Park A	2025-06-25	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning	Gym
Arjan- Sheffield	2025-06-26	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Gym
Arjan-Northside	2025-06-27	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Gym
Tuscan Residences	2025-06-28	8:00 AM – 9:00 AM	Aqua Yoga	Swimming Pool
DAMAC Hills 1	2025-06-28	6:00 PM – 7:00 PM	Yoga + progressive stretch conditioning	Community Center
DAMAC Hills 2	2025-06-29	9:00 AM – 10:00 AM	Yoga + progressive stretch conditioning	Picnic Park
Madison Residences	2025-06-29	7:00 PM – 8:00 PM	Power Yoga	Swimming Pool Area
Smart Heights	2025-07-01	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Gym
The Vogue	2025-07-02	7:00 PM – 8:00 PM	Yoga + progressive stretch conditioning + meditation	Meeting Room - P2
Oceanscape Abu Dhabi	2025-07-03	7:00 PM – 8:00 PM	HITT Core & Deep stretching	Outdoor Events Area



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Marina Bay Abu Dhabi	2025-07-04	7:00 PM – 8:00 PM	Mindful Movement - Yin Yoga	Outdoor Events Area
Damac Heights	2025-07-05	8:00 AM – 9:00 AM	Yoga + progressive stretch conditioning	Swimming Pool Area
Emirates garden 1	2025-07-05	7:00 PM – 8:00 PM	Astanga Yoga + Mindfulness	TBD
Lake View	2025-07-06	9:00 AM – 10:00 AM	Aqua Zumba	Swimming Pool
Lake Terrace	2025-07-06	7:00 PM – 8:00 PM	Power Yoga	Gym
Suburbia	2025-07-08	7:00 PM – 8:00 PM	Hatta Yoga + Meditation	Swimming Pool Area