

Activities For Retreat Guest at Atmantan

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30	Kriya (30min) Kriya Pavilion	Kriya (30min) Kriya Pavilion Laughter Therapy @YogaStudio 7:15am	Kriya (30min)@Kriya Pavilion	Kriya (30min) KriyaPavilion Laughter Therapy Functional Studio 7:15am	Kriya (30min) Kriya Pavilion	Kriya (30min) KriyaPavilion Laughter Therapy Functional Studio 7:15am	Kriya (30min) Kriya Pavilion
7:30	Standing Yoga (If Weather permits) Amphitheatre	Hatha Yoga Yoga Studio	Standing Yoga (If Weather permits) Amphitheatre	VinyasaFlow Yoga Functional Studio	Hatha Yoga Functional Studio	VinyasaFlow Yoga (If Weather permits) Amphitheatre	Hatha Yoga (Intermediate) Yoga Studio
10:00	Functional Training (sign up at wellness rec.) Functional Studio	Upper Body Blast Functional Studio SIGN UP!	ATB (Abs, thighs and butt) Functional Studio	Circuit Training Gymnasium	Functional Training (sign up at wellness rec.) Functional Studio	Boot Camp Outdoor gym area SIGN UP!	Tabata Functional studio
11:00	Aqua-Jam Indoor Pool	Aqua Jam Indoor Pool	TRX Functional studio	Aqua-Jam Indoor Pool	TRX Functional studio	Aqua-Jam Indoor Pool	TRX Functional studio
12:00	Super cardioAerobics Pilates Studio	Hip Hop dance Pilates Studio	StepAerobics Pilates Studio	Bollyrobics Pilates Studio	Zumba Fitness Pilates Studio	Salsa Dance Pilates Studio	Pranayama Yoga Studio
15:00	Aqua-Jam Indoor Pool	Spinning Class Spinning Studiol	Aqua-Jam Indoor Pool	Spinning Class Spinning Studiol	Aqua Jam Indoor Pool	Aqua Jam Indoor Pool	Stretching (30min) Yoga Studio
16:00	Super cardio Aerobics Pilates Studio	Hip Hop dance Pilates Studio	Step Aerobics Pilates Studio	Bollyrobics Pilates Studio	Zumba Fitness Pilates Studio	Salsa Dance Pilates Studio	Outdoor Fitness Games Yoga Studio
	Game of Croquet Croquet garden	Indoor Games Boudhik Hub	Game of Croquet Croquet garden	Indoor Games Boudhik Hub	Game of Croquet Croquet garden	Indoor Games Boudhik Hub	Minigolf Golf garden
16:30	Yoga Therapy (30min) Yoga Studio	Minigolf Golf garden	Stretching (30min) Yoga Studio	Yoga Therapy (30min) Yoga Studio	Minigolf Golf garden	Stretching (30min) Yoga Studio	Yoga Therapy (30min) Yoga Studio
17:00	Hatha Yoga (Intermediate) Yoga Studio	Hatha Yoga Yoga Studio	Cooking Class Soulful Spoon	Hatha Yoga (Intermediate) Yoga Studio	Hatha Yoga Yoga Studio	Cooking Class Soulful Spoon	VinyasaFlow Yoga Yoga Studio
	Cardio Kickboxing Functional Studio	Circuit Training Gymnasium	Tabata Functional studio	Upper Body Blast Functional Studio	ATB (Abs, thighs and butt) Functional Studio	Circuit Training Gymnasium	Cardio Kickboxing Functional Studio
18:00	Om Meditation Yoga Studio	Twin Heart Meditation Yoga Studio	Yoga Nidra Meditation Yoga Studio	Chakra Shudhi Meditation Yoga Studio	Ajapajapa Meditation Yoga Studio	Chidakasha Meditation Yoga Studio	AntarMouna Meditation Yoga Studio
18.45	Health Talk Yoga Studio	Health Talk Yoga Studio	Health Talk Yoga Studio	Health Talk Yoga Studio	Health Talk Yoga Studio	Health Talk Yoga Studio	Health Talk Yoga Studio

