



WEEKLY ACTIVITY CALENDAR



February 22nd – 28th, 2026

SUNDAY 22/02	MONDAY 23/02	TUESDAY 24/02	WEDNESDAY 25/02	THURSDAY 26/02	FRIDAY 27/02	SATURDAY 28/02
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM
Sunrise Yoga (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Tension Relieve (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Early Bird Flow (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Gentle Yoga Flow (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Sunrise Breath (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Morning Stillness (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio	Awaken and Align Yoga (Yoga Base Introduction) <i>Beginners Level</i> At Yoga Studio
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM
How to do Face Massage with Rose Quartz (Workshop) At Spa <i>Prior to Advance Booking</i> <i>Maximum Capacity 4 pax</i>	Posture Class (Body Posture Adjustments) <i>Beginners Level</i> At Yoga Studio	Breathwork Class (Class by Hale) <i>Beginners Level</i> At Yoga Studio	Awaken Feet (Release and Alignment Feet Movements) <i>Beginners Level</i> At Yoga Studio	Couple Head and Neck Massage (Workshop) At Spa <i>Prior to Advance Booking</i> <i>Maximum Capacity 4 pax</i>	Posture Class (Body Posture Adjustments) <i>Beginners Level</i> At Yoga Studio	Couple Feet Massage (Workshop) At Spa <i>Prior to Advance Booking</i> <i>Maximum Capacity 4 pax</i>
10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM
Alchemy Bar Workshop (Mint to be Magical Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Sweet and Zesty Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Elixir of Aloe Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Daily Grind Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Ginger Snap Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Sweet and Zesty Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>	Alchemy Bar Workshop (Oman's Green Gold Body Scrub) At Spa Alchemy Room OMR 15++ per person <i>Prior to Advance Booking</i> <i>Maximum Capacity 12 pax</i>
11:00AM	03:30PM	03:30PM	11:00AM	03:30PM	03:30PM	03:30PM
Aerial Yoga (Fly Yoga) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>	GLA Workout (Glutes, Legs & Abs Session) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	Mat Pilates (Core Engagement) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	Hip/Knees Strength Class (Raw Isometric Movements) <i>Intermediate/Advance Level</i> By Nicolas At Yoga Studio OMR 30++ per person <i>Maximum capacity, 4 pax</i> <i>Prior to Advance booking</i>	Hatha Yoga <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	GLA Workout (Glutes, Legs & Abs Session) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	Hatha Yoga <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>
05:00PM	5:00PM	05:00PM	05:00PM	05:00PM	05:00PM	05:00PM
Yoga Nidra <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	Healing Vibration Class (Sound Healing) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>	Aerial Yoga (Fly Yoga) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>	Mat Pilates (Core Engagement) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 15 pax</i> <i>Prior to Advance booking</i>	Healing Vibration Class (Sound Healing) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>	Aerial Yoga (Fly Yoga) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>	Healing Vibration Class (Sound Healing) <i>Beginners/Intermediate Level</i> At Yoga Studio OMR 30++ per person <i>Maximum capacity, 6 pax</i> <i>Prior to Advance booking</i>

**Reservations are required for all activities. Your GEM will be happy to assist with the arrangements.

**Location of activity may change depending on weather conditions