

DAILY WELLNESS ACTIVITIES AT ATMANTAN

FROM 26TH AUGUST 2024 - 29TH AUGUST 2024

FROM TIME	TO TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		26/08/24	27/08/24	28/08/24	29/08/24
6:00 AM	6:30 AM	Kriya @ Kriya Pavilion	Kriya @ Kriya Pavilion	Kriya @ Kriya Pavilion	Kriya @ Kriya Pavilion
7:00 AM	7:45 AM	★ HATHA YOGA @ Pilates Studio	★★ STANDING YOGA (HATHA) @ Pilates Studio	★ HATHA YOGA @ Pilates Studio	★★ SUN SALUTATIONS @ Pilates Studio
7:50 AM	8:10 AM	★ PRANAYAMA @ Pilates Studio	★ PRANAYAMA (BREATHING) @ Pilates Studio	★ PRANAYAMA @ Pilates Studio	★ PRANAYAMA @ Pilates Studio
8:45 AM	9:15 AM	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple
9:15 AM	9:45 AM	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium
9:45 AM	10:30 AM	★★ BOLLYWOOD FITNESS @ Pilates Studio	★★ ZUMBA FITNESS/ SALSA @ Pilates Studio	★★ ABCD Any Body Can Dance @ Pilates Studio	★★ ZUMBA/BOLLYWOOD @ Pilates Studio
9:45 AM	10:30 AM	★★★ SPINNING (Max 6 seats) @ Spinning Studio SIGN UP	NATURE WALK @ Wellness Reception	★ TRX (6 PEOPLE) SIGN UP @ Functional Studio	★★★ CIRCUIT TRAINING @ Gymnasium
10:45 AM	11:30 AM	COOKING CLASS @ Soulful Spoon			COOKING CLASS @ Soulful Spoon
11:00 AM	11:45 AM	★ BASIC DANCE FITNESS/CHOREOGRAPHY @ Pilates Studio	★ TAI-CHI (Moving Meditation)(Tibetan Sound Bath) @ Pilates Studio	★ BASIC DANCE FITNESS @ Pilates Studio	★ BASIC DANCE FITNESS @ Pilates Studio
11:45 AM	12:15 PM	★ TRX (6 PEOPLE) SIGN UP @ Functional Studio	★ CORE BUILDING @ Functional Studio	★★ FUNCTIONAL TRAINING @ Functional Studio	★ TRX (6 PEOPLE) SIGN UP @ Functional Studio
2:15 PM	2:45 PM	HEALTH TALK (Panchtantra For Healthy living) @ Pilates Studio	HEALTH TALK (Insuline Resistance) @ Pilates Studio	YOGA TALK @ Pilates Studio	SPIRITUAL TALK @ Pilates Studio
2:45 PM	3:30 PM	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA FUN AND FITNESS @ Indoor Pool	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA AEROBICS @ Indoor Pool
3:45 PM	4:15 PM	★ STRETCHING @ Functional Studio		★ STRETCHING @ Functional Studio	★ STRETCHING @ Functional Studio
4:00 PM	4:45 PM	★ BASIC AQUA AEROBICS @ Indoor Pool	★ BASIC AQUA AEROBICS @ Indoor Pool	★ BASIC AQUA FUN & FITNESS @ Indoor Pool	★ AQUA AEROBICS @ Indoor Pool
4:00 PM	4:30 PM	INDOOR GAMES @ Boudhik Hub			
5:00 PM	5:45 PM	★★★ HATHA YOGA @ Pilates Studio	★ HATHA YOGA @ Pilates Studio	★★★ VINYASA YOGA @ Pilates Studio	★ HATHA YOGA @ Pilates Studio
5:50 PM	6:10 PM	THERAPEUTIC-HATHA-YOGA FOR ALLERGIES & RESPIRATORY HEALTH @ Pilates Studio	THERAPEUTIC-HATHA-YOGA FOR ARTHRITIS & SPINAL HEALTH @ Pilates Studio	THERAPEUTIC-HATHA-YOGA FOR DIABETES @ Pilates Studio	THERAPEUTIC-HATHA-YOGA FOR GUT HEALTH @ Pilates Studio
6:15 PM	6:45 PM	★★ CHAKRA MEDITATION @ Pilates Studio	★★ CHIDAKASHA MEDITATION @ Pilates Studio	★ TRATAKA MEDITATION @ Pilates Studio	★ AJAPA JAPA MEDITATION @ Pilates Studio

- Sign Up For The Cooking Class At The Dining Pavilion.
- Choose Classes That Suit Your Fitness Level (★BEGINNER –★★ INTERMEDIATE –★★★ADVANCE) All Classes Have Been Marked With Stars As Per Their Competence Level.
- Report (5min Early) To All The Group Activities, So That You can Setup Mats, follow INITIAL-IMPORTANT-INSTRUCTIONS Of The Session, Warmup / Loosening Practices, etc & Get The Completeness Of The Group Activity.
- Comfortable Fitness Gear Are Mandatory For All Fitness Activities – Indoor Sports Shoes, Track Pants/Sports Trouser, Sports T-Shirt.
- Personal Kriya Kits Are Available For Purchase @Wellness |

DAILY WELLNESS ACTIVITIES AT ATMANTAN

FROM 30TH AUGUST 2024 - 01ST SEPTEMBER 2024

FROM TIME	TO TIME	FRIDAY	SATURDAY	SUNDAY
		30/08/24	31/08/24	01/09/24
6:00 AM	6:30 AM	Kriya @ Kriya Pavilion	Kriya @ Kriya Pavilion	Kriya @ Kriya Pavilion
7:00 AM	7:45 AM	★ HATHA YOGA @ Pilates Studio	★★ STANDING YOGA (HATHA) @ Pilates Studio	★ HATHA YOGA @ Pilates Studio
7:50 AM	8:10 AM	★ PRANAYAMA @ Pilates Studio	★ PRANAYAMA (BREATHING) @ Pilates Studio	★ PRANAYAMA @ Pilates Studio
8:45 AM	9:15 AM	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple	MANGAL ARTI @ Ganesh Temple
9:15 AM	9:45 AM	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium	FITNESS ORIENTATION @ Gymnasium
9:45 AM	10:30 AM	★★ BOLLY FITNESS / AEROBICS @ Pilates Studio	★★ ABCD Any Body Can Dance @ Pilates Studio	★★★ AQUA KICKBOXING @ Salt Pool
9:45 AM	10:30 AM	NATURE WALK @ Wellness Reception	★★ FUNCTIONAL TRAINING @ Functional Studio	
10:45 AM	11:30 AM	★★★ SPINNING (Max 6 seats) @ Spinning Studio SIGN UP		★TRX (6 Seats) SIGN UP @ Functional Studio
11:00 AM	11:45 AM	★ BASIC DANCE FITNESS @ Pilates Studio	★ BASIC DANCE MOVES @ Pilates Studio	INDOOR GAMES @ Boudhik Hub
11:45 AM	12:15 PM	★ CORE BUILDING @ Functional Studio	★★ CORE BUILDING @ Functional Studio	★★ CORE BUILDING @ Functional Studio
2:15 PM	2:45 PM	HEALTH TALK (Lower Back Pain) @ Pilates Studio	YOGA TALK @ Pilates Studio	SPIRITUAL TALK @ Pilates Studio
2:45 PM	3:30 PM	★★ AQUA FUN & FITNESS @ Indoor Pool	★★ AQUA FUN & FITNESS @ Indoor Pool	
3:45 PM	4:15 PM	★ STRETCHING @ Functional Studio	★ STRETCHING @ Functional Studio	★ STRETCHING @ Functional Studio
4:00 PM	4:45 PM	★ BASIC AQUA FUN AND FITNESS @ Indoor Pool	★ AQUA FUN & FITNESS @ Indoor Pool	
4:00 PM	4:30 PM	INDOOR GAMES @ Boudhik Hub	INDOOR GAMES @ Boudhik Hub	INDOOR GAMES @ Boudhik Hub
5:00 PM	5:45 PM	★★★ HATHA YOGA @ Pilates Studio	★ HATHA YOGA @ Pilates Studio	★★★ MOON SALUTATION @ Pilates Studio
5:50 PM	6:10 PM	THERAPEUTIC-HATHA- YOGA- FOR PCOD AND HORMONAL ISSUES @ Pilates Studio	THERAPEUTIC-HATHA-YOGA FOR HYPOTHYROID @ Pilates Studio	THERAPEUTIC-HATHA-YOGA FOR INSOMNIA, SLEEP ISSUES, HYPERTENSION & CARDIO VASCULAR @ Pilates Studio
6:15 PM	6:45 PM	★ YOGA NIDRA MEDITATION @ Pilates Studio	★★ CYCLIC MEDITATION @ Pilates Studio	★ OMKARA MEDITATION @ Pilates Studio

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- Report (5min Early) To All The Group Activities, So That You can Setup Mats, follow INITIAL-IMPORTANT-INSTRUCTIONS Of The Session, Warmup / Loosening Practices, etc & Get The Completeness Of The Group Activity.
- Comfortable Fitness Gear Are Mandatory For All Fitness Activities – Indoor Sports Shoes, Track Pants/Sports Trouser, Sports T-Shirt.
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