



# Activities For Retreat Guest at Atmantan

January 1– January 7, 2018

	MON 1 <sup>st</sup>	TUE 2 <sup>nd</sup>	WED 3 <sup>rd</sup>	THU 4 <sup>th</sup>	FRI 5 <sup>th</sup>	SAT 6 <sup>th</sup>	SUN 7 <sup>th</sup>
6:30		<b>Kriya</b> (30min) Kriya Pavilion	<b>Kriya</b> (30min)@Kriya Pavilion <b>Laughter Therapy</b> @Yoga Studio 7:15am	<b>Kriya</b> (30min)@Kriya Pavilion	<b>Kriya</b> (30min)@Kriya Pavilion	<b>Kriya</b> (30min)@Kriya Pavilion	<b>Kriya</b> (30min) Kriya Pavilion
7:30	<b>New Year Vinyasa Yoga</b> Yoga studio	<b>Hatha Yoga</b> Yoga Studio	<b>Standing Yoga</b> (If Weather permits) Amphitheatre	<b>Hatha Yoga</b> Functional Studio	<b>Hatha Yoga</b> Functional Studio	<b>Standing Yoga</b> (If Weather permits) Amphitheatre	<b>Hatha Yoga</b> (Intermediate) Yoga Studio
10:00	<b>Fitness Formula 18</b> Gymnasium	<b>Functional Training</b> Functional studio	<b>ATB</b> (Abs, thighs and butt) Functional Studio	<b>Zumba</b> Pilates Studio	<b>Upper Body Blast</b> Functional Studio	<b>Functional Training</b> Functional studio	<b>Functional Training</b> Functional studio
11:00	<b>Zumba Fitness</b> Pilates Studio	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Zumba Fitness</b> Pilates Studio	<b>Circuit Training</b> Gymnasium
12:00	<b>New Year Bash</b> Pilates Studio	<b>Dance for fitness</b> Pilates Studio	<b>TRX</b> Pilates Studio	<b>Circuit Training</b> Gymnasium	<b>Aerobics</b> Pilates Studio	<b>Bollywood Blast</b> Pilates Studio	<b>Pranayama</b> Yoga Studio
15:00	<b>Zumba Fitness</b> Pilates Studio	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Aqua-Jam</b> Indoor Pool	<b>Zumba Fitness</b> Pilates Studio	<b>Game of Mini golf</b> Mini golf
16:00	<b>New Year Bash</b> Pilates Studio	<b>Dance for fitness</b> Pilates Studio	<b>Game of Mini golf</b> Golf garden	<b>Zumba</b> Pilates Studio	<b>Aerobics</b> Pilates Studio	<b>Bollywood Blast</b> Pilates Studio	<b>Pranayama</b> Yoga Studio
	<b>Mini Golf</b> Croquet garden	<b>Game of Croquet</b> Croquet garden	<b>TRX</b> Pilates Studio	<b>Game of Croquet</b> Croquet garden	<b>Cardio Kickboxing</b> Functional Studio	<b>ATB</b> (Abs, thighs and butt) Functional Studio	<b>Game of Croquet</b> Croquet garden
16:30	<b>Vital Energy Movement</b> Yoga Studio	<b>Yoga Therapy</b> (30min) Yoga Studio	<b>Stretching</b> (30min) Yoga Studio	<b>Yoga Therapy</b> (30min) Yoga Studio	<b>Pranayama</b> (30min) Yoga Studio	<b>Yoga Therapy</b> (30min) Yoga Studio	<b>Yoga Therapy</b> (30min) Yoga Studio
17:00	<b>Outdoor HIIT</b> Boudhik Hub	<b>Hatha Yoga</b> (Intermediate) Yoga Studio	<b>Cooking Class</b> Soulful Spoon	<b>Hatha Yoga</b> (Intermediate)	<b>Hatha Yoga</b> Yoga Studio	<b>Cooking Class</b> Soulful Spoon	<b>Hatha Yoga</b> Yoga Studio
		<b>Stretching</b> Functional studio	<b>Hatha Yoga</b> Yoga Studio	<b>Stretching</b> Functional Studio	<b>Stretching</b> Functional studio	<b>Stretching</b> Functional studio	<b>Stretching</b> Functional Studio
18:00	<b>Advanced Yog Nidra</b> Yoga Studio	<b>Meditation</b> Yoga Studio	<b>Yoga Nidra</b> Yoga Studio	<b>Meditation</b> Yoga Studio	<b>Meditation</b> Yoga Studio	<b>Meditation</b> Yoga Studio	<b>Meditation</b> Yoga Studio
18.45		<b>Health Talk</b> Yoga Studio	<b>Health Talk</b> Yoga Studio	<b>Health Talk</b> Yoga Studio	<b>Health Talk</b> Yoga Studio	<b>Health Talk</b> Yoga Studio	<b>Health Talk</b> Yoga Studio