



# Peninsula Hot Springs wellness activities

Combine our healing waters with a selection of activities to create the ultimate wellness experience.

## MONDAY – FRIDAY

TIME	ACTIVITY	LOCATION
7:30am	Yoga	Wellness Centre Studio
10.30am	Fire & Ice*	Fire & Ice area
11.00am	Family Body Clay*	Clay Ridge
12.00pm	Body Clay*	Clay Ridge
2.00pm	Body Clay*	Clay Ridge
4.00pm	Fire & Ice*	Fire & Ice area
5.00pm	Sauna Infusion*	Fire & Ice area

## SATURDAY – SUNDAY

TIME	ACTIVITY	LOCATION
7:30am	Yoga	Wellness Centre Studio
10.30am	Fire & Ice*	Fire & Ice area
11.00am	Family Body Clay*	Clay Ridge
12.00pm	Body Clay*	Clay Ridge
12.00pm	Cacao*	Tea Tent
1.00pm	Fire & Ice*	Fire & Ice area
2.00pm	Body Clay*	Clay Ridge
3.00pm	Body Clay*	Clay Ridge
4.00pm	Fire & Ice*	Fire & Ice area
5.00pm	Sauna Infusion*	Fire & Ice area

\* Bookings are essential

Fire & Ice – Max 12 Guests

Body Clay – Max 20 Guests

Family body clay sessions are available Friday to Monday during school holiday periods

Yoga – Max 20 Guests