



PENINSULA
HOT SPRINGS



wellness activity program 2019

We believe that wellness begins with connection — with ourselves, our community and the environment around us. We also believe it is best approached from a holistic perspective. Our unique program combines our healing waters with a range of movement and mindfulness practices to create the ultimate wellness experience.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Warm Water exercise*		Warm Water exercise*		Warm Water exercise*		
8.30am							
9.30am						Global Bathing Journey	Mat Yoga Indigenous Cultural Walk^ Global Bathing Journey
10.30am						Mat Pilates	
11.30am	Hamam°	Hamam°	Hamam°	Hamam°	Hamam°	Body Clay Reformer Pilates	Body Clay Aerial Yoga
12.30pm						Fire and Ice Hot Springs Yoga*	Fire and Ice Hot Springs Yoga*
1.30pm	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay
2.30pm	Fire and Ice	Fire and Ice	Fire and Ice	Fire and Ice	Fire and Ice	Fire and Ice	Fire and Ice
3.30pm						Body Clay	Body Clay
4.30pm	Global Bathing Journey°	Global Bathing Journey°	Global Bathing Journey°	Global Bathing Journey°	Global Bathing Journey°		

* Free with Bath House bathing

^ Held seasonally, please check website for dates

° Exclusive to private groups of 8 or more guests

Saturday timetable also available on public holidays