

La Santé

Yoga-Fitness/Activity

Yoga Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0800-0830	Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class	C L O S E D	Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class
1000-1100	Vinyasa Flow	Gentle Yoga	Power Flow		Hatha Yoga	Gentle Yoga	Power Flow
1430-1500	Kids Yoga	Kids Yoga	Kids Yoga		Kids Yoga	Kids Yoga	Kids Yoga
1600-1700	Hatha Yoga	Vinyasa Flow	Gentle Yoga		Gentle Yoga	Vinyasa Flow	Gentle Yoga

Terms & Conditions:

- Advanced booking is required. Bookings are subject to availability on a first-come, first-served basis.
- Participants are required to arrive 5 minutes earlier and fill up the indemnity form before classes.

Complimentary Class

- This activity is exclusively for Chateau in-house guests.
- Venue: La Platz (*If it rains, venue is subject to change.*)
- Number of participants: Maximum 30 pax

Paid Class

- This activity is open to both Chateau in-house guests and walk-in guests.
- Venue: La Sante Spa Yoga Studio
- Number of participants: Maximum 6 pax