

# Wellness Classes

Discover the harmony of fitness and wellness with Sense, A Rosewood Spa, offering a spacious environment dedicated to your wellbeing. Our invigorating classes, group or private, led by professional instructors focus on re-energizing the body with a mix of relaxation, fitness, and pilates (sessions of 45 minutes or longer).



## YOGALATES

A dynamic mix of Yoga and Pilates to strengthen the core, followed by gentle stretches to soften the body.

## RELEASE AND RELAX

A guided meditation designed to clear the mind, reduce stress, and reconnect with your inner peace.

## CARDIO & FULL BODY WORKOUT

Various exercises to improve cardiovascular capacity. To maximize physical potential and boost self-confidence.

## FLOW STRETCH

A deep relaxation and flexibility improvement. It's a moment of active relaxation to release tension, improve posture, and reconnect with your body, ideal for a well-being break and increased flexibility.

## VINYASA

A flowing sequence of yoga poses designed to stretch, awaken, and strengthen the body, while integrating breath and movement.

## BREATH WORK

Breathing exercises that enhance natural breath awareness to promote relaxation and reduce stress.

## YIN YOGA

Yin Yoga is a gentle and introspective practice that targets deep tissues to improve flexibility and promote letting go

FOR MORE INFORMATION OR TO MAKE  
RESERVATION, PLEASE CONTACT OUR SENSE  
SPA TEAM.

E: [leguanahani.sensespa@rosewoodhotels.com](mailto:leguanahani.sensespa@rosewoodhotels.com)

T: +590 590 52 90 02

Extension: 4620 (for in house guest)



# Wellness Classes Schedule

	08H15	17H30
MONDAY/LUNDI	-	-
TUESDAY/MARDI	-	-
WEDNESDAY/ MERCREDI	CARDIO WORKOUT 60 Min.	RELEASE AND RELAX 60 Min.
THURSDAY/JEUDI	VINYASA 60 Min.	BREATH WORK 60 Min.
FRIDAY/VENDREDI	FULL BODY WORKOUT 60 Min.	SLOW VINYASA 60 Min.
SATURDAY/SAMEDI	FLOW STRETCH 60 Min.	RELEASE AND RELAX 60 Min.
SUNDAY/DIMANCHE	YOGALATES 60 Min	YIN YOGA 60 Min

Wellness classes are subject to a €50 fee. Under reservations 24h in advance.

Reserved for hotel guest only.

For more information or to make a reservation, please contact our Sense Spa team.

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