

S E N S E

A ROSEWOOD SPA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 – 8 a.m.	7 – 8 a.m.	7 – 8 a.m.	7 – 8 a.m.	7 – 8 a.m.	8 – 9 a.m.	8 – 9 a.m.
Body weight	Stretching	TABATA	Self-Myofascial release	Circuit	Hatha Yoga	Yin Yoga
9 – 10 a.m.	9 – 10 a.m.	9 – 10 a.m.	9 – 10 a.m.	9 – 10 a.m.	10 – 11 a.m.	10 – 11 a.m.
Strength	TABATA	Self-Myofascial release	HIIT FIT	Stretching	TRX	HIIT

Personal Trainer Session: USD20 per session
 To book contact: phnompenh.sensespa@rosewoodhotels.com or +855 23 936 888