








Quarantine MasterClass

With our three-part program, you can get access to:




- Complimentary daily classes and activities
- Arrange personal sessions with your favourite partners
- Amazing post-quarantine offers exclusively for you


We've gathered our friends to offer a weekly masterclass program that gives you something to look forward to each day.

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 8:30am HIIT	8 – 8:30am Sculpt	8:30 – 9:15am Health & Happiness	5 – 5:50pm Sculpt	8 – 8:30am Sculpt
COCO & the SUN	COCO & the SUN			COCO & the SUN
5 – 5:45pm Meditative Yoga	12 – 12:45am Bollywood Dance Workout	12 – 12:30am Mat Pilates	COCO & the SUN	10:30 - 11:15am Meditative Yoga
				
	1 – 1:30pm Cardio Dance	COCO & the SUN		
	COCO & the SUN			

Meditative Yoga



If you enjoy both yoga and meditation practices, you will love this class which thoughtfully combines the two.




Bollywood Dance Workout




Join Hanisha for a feel-good dance cardio session where you'll move and groove to fun Bollywood beats. This session is sure to leave you feeling happy and energised for the week ahead.



Light Workout



Sign up and choose any 2 online live classes to join during your quarantine stay. All of their classes will leave you feeling energized, pumped, and refreshed.



Health and Happiness



Join us in learning about our mind and emotions and explore some simple yet extremely powerful techniques to manage them. Plus experience a very relaxing guided meditation.

