

# WESTIN ACTIVITIES SCHEDULE

## THE WESTIN

LANGKAWI  
RESORT & SPA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - Workout Training Session (9.00am) 1hrs - YOGA classes at Heavenly Spa (8.30am) - Leisure Walk (6.00pm)						<b>1</b> - Aqua Yoga Class (8am – 9am) Main Infinity Pool - Power Walk (8.30am) Meet point at Infinity Pool towel counter -- Afternoon Tournaments at Recreation Centre (3.00pm)
<b>2</b> -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - Workout Training Session (9.00am) 1hrs - YOGA classes at Heavenly Spa (8.30am) - Leisure Walk (6.00pm)	<b>3</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Fruits Tart Decoration (2.00pm) - Afternoon Tournaments at Rec Centre (3.00pm)	<b>4</b> - Weekly Fly Yoga (10am – 11am) Heavenly Spa - Afternoon Tournaments at Recreation Centre (3.00pm) - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby	<b>5</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Recreation Presentation (1.00pm) - YOGA (6.30pm) classes in Heavenly Spa - WWO Circuit Training (6.00pm)	<b>6</b> - Power Walk (8.30am) Meet point at Infinity Pool towel counter - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby - Workout Training Session (6.00pm) 1hrs	<b>7</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - WWO Circuit Training (9.30am – 10.30am)	<b>8</b> - Aqua Yoga Class (8am – 9am) Main Infinity Pool - Power Walk (8.30am) Meet point at Infinity Pool towel counter -- Afternoon Tournaments at Recreation Centre (3.00pm)
<b>9</b> -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - Workout Training Session (9.00am) 1hrs - YOGA classes at Heavenly Spa (8.30am) - Leisure Walk (6.00pm)	<b>10</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Fruits Tart Decoration (2.00pm) - Afternoon Tournaments at Rec Centre (3.00pm)	<b>11</b> - Weekly Fly Yoga (10am – 11am) Heavenly Spa - Afternoon Tournaments at Recreation Centre (3.00pm) - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby	<b>12</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Recreation Presentation (1.00pm) - YOGA (6.30pm) classes in Heavenly Spa - WWO Circuit Training (6.00pm)	<b>13</b> - Power Walk (8.30am) Meet point at Infinity Pool towel counter - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby - Workout Training Session (6.00pm) 1hrs	<b>14</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - WWO Circuit Training (9.30am – 10.30am)	<b>15</b> - Aqua Yoga Class (8am – 9am) Main Infinity Pool - Power Walk (8.30am) Meet point at Infinity Pool towel counter -- Afternoon Tournaments at Recreation Centre (3.00pm)
<b>16</b> -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - Workout Training Session (9.00am) 1hrs - YOGA classes at Heavenly Spa (8.30am) - Leisure Walk (6.00pm)	<b>17</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Fruits Tart Decoration (2.00pm) - Afternoon Tournaments at Rec Centre (3.00pm)	<b>18</b> - Weekly Fly Yoga (10am – 11am) Heavenly Spa - Afternoon Tournaments at Recreation Centre (3.00pm) - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby	<b>19</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Recreation Presentation (1.00pm) - YOGA (6.30pm) classes in Heavenly Spa - WWO Circuit Training (6.00pm)	<b>20</b> - Power Walk (8.30am) Meet point at Infinity Pool towel counter - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby - Workout Training Session (6.00pm) 1hrs	<b>21</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - WWO Circuit Training (9.30am – 10.30am)	<b>22</b> - Aqua Yoga Class (8am – 9am) Main Infinity Pool - Power Walk (8.30am) Meet point at Infinity Pool towel counter -- Afternoon Tournaments at Recreation Centre (3.00pm)
<b>23</b> -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - Workout Training Session (9.00am) 1hrs - YOGA classes at Heavenly Spa (8.30am) - Leisure Walk (6.00pm)	<b>24</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Fruits Tart Decoration (2.00pm) - Afternoon Tournaments at Rec Centre (3.00pm)	<b>25</b> - Weekly Fly Yoga (10am – 11am) Heavenly Spa - Afternoon Tournaments at Recreation Centre (3.00pm) - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby	<b>26</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby - Recreation Presentation (1.00pm) - YOGA (6.30pm) classes in Heavenly Spa - WWO Circuit Training (6.00pm)	<b>27</b> - Power Walk (8.30am) Meet point at Infinity Pool towel counter - Westin Ride (6.00pm) Meet Cycling Concierge at Lobby - Workout Training Session (6.00pm) 1hrs	<b>28</b> - RunWESTIN® (7.30am) Meet Run Concierge in the Lower Lobby -Power Walk (8.30am) <u>At St. Regis Langkawi</u> - WWO Circuit Training (9.30am – 10.30am)	<b>29</b> - Aqua Yoga Class (8am – 9am) Main Infinity Pool - Power Walk (8.30am) Meet point at Infinity Pool towel counter -- Afternoon Tournaments at Recreation Centre (3.00pm)

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