



REETHI FARU SPORTS COMPLEX

WORKING HOURS 8:00 – 20:00

SPORTS COMPLEX FACILITIES INCLUDE:

TENNIS
BADMINTON
SQUASH
TABLE TENNIS
BASKETBALL

***ALL SPORTS COMPLEX FACILITIES ARE FREE OF CHARGE**

SPORTS COMPLEX RULES AND REGULATIONS:

- USE EQUIPMENT AT YOUR OWN RISK.
- MANAGEMENT IS NOT RESPONSIBLE FOR ANY INJURIES YOU MAY SUFFER.
- REETHI FARU SPORTS COMPLEX OPERATES A NO SMOKING POLICY IN ALL OF ITS INDOOR SPORTS FACILITIES AND ARTIFICIAL OUTDOOR SURFACES.
- NO ALCOHOLIC DRINKS OR FOOD IS ALLOWED IN ACTIVITY AREA, ANY GUEST WHO PURPOSEFULLY DAMAGES RESORT PROPERTY WILL BE LIABLE TO MEET THE COST OF REPAIR AND MAY FACE LEGAL ACTION.
- GUESTS MUST WEAR SUITABLE CLOTHING AND FOOTWEAR FOR THE ACTIVITY IN WHICH THEY ARE ENGAGED.
- CLEAN FOOTWEAR MUST BE WORN IN SPORTS COURT AREAS AT ALL TIMES.
- FAULTY OR BROKEN EQUIPMENT SHOULD BE REPORTED TO FITNESS INSTRUCTORS.



REETHI FARU HEALTH CLUB

WORKING HOURS 6:00 – 23:00

TYPES OF YOGA OFFERED

Ashtanga Yoga: Translated to “Eight limb path”. Involves synchronising the breath with a progressive sequence of postures- o process producing intense internal heat and helps detoxify muscles and organs.

Vinyasa Yoga: It is the type of yoga that links movement and breath to attain balance of the mind and body. Vinyasa aligns a sequence of poses with the breath to achieve a continuous flow.

Restorative Yoga: is a practice that is all about slowing down and opening your body through passive stretching. It involves long holds of poses that allow your muscles to deeply relax, with the help of props.

Health Club Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:30	Yoga (Free)		Yoga (Free)		Yoga (Free)	
8:30-9:30		Ashtanga Yoga		Vinyasa Yoga		
9:30-10:30						Restorative Yoga
10:00-11:00						
17:30-18:00						
17:30-18:30						
18:00-19:00		Vinyasa Yoga (AI+AIP)		Restorative Yoga (AI+AIP)		Ashtanga Yoga (AI+AIP)

The cost of each group class is \$10 and private lesson is \$20 (plus taxes).
Please book your class in advance through the reception (dial 0) or at the gym
(dial 732).

Thank you for your cooperation.

The Health Club team 😊