

LET'S CELEBRATE GLOBAL WELLNESS DAY

On the third weekend of September, Anantara Kihavah joins thousands of spas and wellness centres around the world, inviting you to discover fun and creative activities to boost your vitality, serenity and beauty.

Saturday 21 September 2019

6.30 am – 7.30 am	Sunrise Yoga at the Spa Beach
11.00 am – 12.00 pm	Water Aerobics at Manzaru Pool
3.30 pm – 4.30 pm	Muay Thai at the Boxing ring

Sunday 22 September 2019

8.00 am – 9.00 am	Stretch Class at the Spa Beach
10.00 am – 10.45 am	Zumba class on the dive center beach
11.00 am – 12.00 pm	Making Healthy Juices at SKY

All classes are complimentary.





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