



ANANTARA

MINA RAS AL KHAIMAH
RESORT

Resort Activities

POOLS, BEACH & WATER SPORTS: 9:00 am – Sunset



Mindful *Balance*

SHIVANANDA YOGA

Mon, Thu, Sat 9:00 am
Spa Garden

SOUND HEALING

Mon, Thu, Sat 5:00 pm
Spa Garden

GUIDED MEDITATION

Tue, Thu 5:00 pm
Spa Garden

Advanced reservation required.
To book your spot, please approach
our Spa Team or call us
at +971 7 204 2284.



Awakening Vitality

BEACH FITNESS

Tue, 8:00 am | Yoga Pavilion

BEACH RUN

Wed, 8:00 am | Beach

BEACH BOOTCAMP

Thu, 8:00 am | Yoga Pavilion

STRETCH & STRENGTH

Fri, 11:00 am | Gym

TEST YOUR FITNESS

Sat, 11:00 am | Gym

CORE POWER

Tue, Thu, Sat 5:00 am | Gym

LEVEL CHECK WORKOUT

Wed 11:00 am | Gym

SWEAT & BURN

Fri 5:00 pm | Gym



Waves of Competition

PADEL

Daily 10:00 am
Padel Court

TABLE TENNIS

Daily
Lawn Area

BEACH FOOTBALL & VOLLEY BALL

Daily
Beach

To enjoy a game of football or
volley ball, please approach our
Recreation Team or call us at
+971 7 204 2283 to schedule
your game.



Rituals of Renewal

ICE BATH

Daily 9:30 am – 10:30 am
& 3:00 – 4:00 pm
Yoga Pavilion



Play golf, *nourish nature*

Join us for a unique golfing
experience while supporting
sustainability with ECOBIOBALL,
the world's only biodegradable
golf ball that releases fish food
as it decomposes.