

SERENITY SPA - WEEKLY WELLNESS SCHEDULE

	Time	Price
MONDAY		
Hatha Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Sound Healing	9 am to 10 am	USD 35 per person
Group Sound Healing and Meditaton	4 pm to 5 pm	USD 35 per person
TUESDAY		
Ashtanga Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Aqua Yoga	11 am to 12 noon	USD 35 per person
WEDNESDAY		
Power Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Zumba	9 am to 10 am	USD 35 per person
Private experiences on request		Contact Serenity Spa
THURSDAY		
Gentle Flow Yoga and Meditation at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Aqua Yoga	11 am to 12 noon	USD 35 per person
Group Sound Healing and Meditation	4 pm to 5 pm	USD 35 per person
FRIDAY		
Hatha Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Gentle Flow Yoga and Meditation	9 am to 10 am	USD 35 per person
SATURDAY		
Ashtanga Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary
Group Sound Healing	9 am to 10 am	USD 35 per person
Private experiences on request		Contact Serenity Spa
SUNDAY		
Sunrise Yoga at The Lighthouse Deck	7 am to 7:40 am	Complimentary

To reschedule or cancel your appointment, we kindly ask that you contact the Spa at least six (6) hours in advance to avoid the full service fee. Changes made within the six-hour window will incur a 50% cancellation charge, while cancellations within two hours, or non-attendance, will be charged at the full rate. Thank you for your understanding.

November 2025