

# WELLNESS G.X SCHEDULE

Day / Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21:00 ~ 21:50	<b>Power Stretch</b> @ VIASTA FINESS GX Room	<b>Healing Body Therapy</b> @ VIASTA FINESS GX Room	<b>Foam Roller Relaxation</b> @ VIASTA FINESS GX Room	<b>Pilates</b> @ VIASTA FINESS GX Room	<b>MOST Balance</b> @ VIASTA FINESS GX Room	<b>Meditation Yoga</b> @ VIASTA FINESS GX Room	<b>Pilates</b> @ VIASTA FINESS GX Room

- ※ The program is exclusive for VISTA Wellness GX package guests over the age of 17 years old.
- ※ All programs begin on time. (For outdoor programs, move to the venue on time)
- ※ Outdoor programs and the venues are subject to change according to the weather condition.
- ※ The program is subject to change or cancel according to the government's guideline for COVID-19.
- ※ Inquiries : + 82 - 2-2022-0450 (6:00 ~ 22:00)