

wellness activities



Combine our healing waters with a selection of activities to create the ultimate wellness experience.

TIME	DAYS	ACTIVITY	LOCATION
7:30am	Daily	Yoga	Wellness Centre Studio
9.15am	Daily	Hot Springs Yoga	Amphitheatre area
10.30am	Daily	Fire & Ice	Fire & Ice area
10.30am	Daily	Body Clay	Clay Ridge
12.00pm	Daily	Fire & Ice	Fire & Ice area
12.00pm	Daily	Body Clay	Clay Ridge
1.00pm	Daily	Body Clay	Clay Ridge
2.00pm	Daily	Fire & Ice	Fire & Ice area
4.00pm	Daily	Fire & Ice	Fire & Ice area
5.00pm	Daily	Fire & Ice	Fire & Ice area

Bookings are essential

Please book at reception or call the reservations team on **(03) 5950 8777** | peninsulahotspings.com