



Peninsula Hot Springs wellness activities

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

MONDAY – FRIDAY

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

** Bookings are essential*

Fire & Ice – Max 12 Guests

Body Clay – Max 20 Guests

Yoga – Max 20 Guests

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SATURDAY – SUNDAY

TIME	ACTIVITY	LOCATION
7:30am	Yoga	Wellness Centre Studio
9.15am	Hot Springs Yoga	Amphitheatre area
10.30am	Body Clay*	Clay Ridge
12.00pm	Fire & Ice*	Fire & Ice area
12.00pm	Body Clay*	Clay Ridge
1.00pm	Body Clay*	Clay Ridge
2.00pm	Fire & Ice*	Fire & Ice area
3.00pm	Body Clay*	Clay Ridge
4.00pm	Fire & Ice*	Fire & Ice area
5.00pm	Fire & Ice*	Fire & Ice area