

FRASERS HOSPITALITY 21 MINUTES OF WELLNESS

PARTICIPATING PROPERTIES AND ACTIVITIES

Countries	Properties	Activities	Time	Remarks
Australia	Capri by Fraser, Brisbane / Australia	Yoga	9:30am	Held at Brisbane City Botanic Gardens on 31 March
	Fraser Suites Perth	Yoga	10am	Held on 29 March
	Fraser Suites Sydney	Run through Sydney Harbour followed by healthy breakfast	7am	Held on 29 March
	Fraser Place Melbourne	Walk around the Carlton Gardens followed by refreshments	7:30am	Held on 29 March
China	Fraser Suites CBD, Beijing	Meditation followed by dance	4pm	Held on 31 March
	Fraser Suites Chengdu	Yoga	3pm	Held on 31 March
	Fraser Suites Top Glory Shanghai	Run along Bin Jiang Avenue	10am	Held on 31 March
	Fraser Residence Shanghai	Meditation	2pm	Held on 31 March
	Modena by Fraser Putuo Shanghai	Yoga	2pm	Held on 31 March
	Modena by Fraser Zhuankou Wuhan	Dance followed by refreshments	2pm	Held on 31 March
	Modena by Fraser Changsha	Spinning	2pm	Held on 31 March
	Fraser Suites Dalian	Run around Donggang area	10am	Held on 31 March
	Fraser Suites Guangzhou	Zumba	10am	Held on 29 March
	Fraser Suites Nanjing	Fitdance	2pm	Held on 27 March
	Fraser Suites Shenzhen	Dance	4:30pm	Held on 31 March
	Fraser Place Shekou Shenzhen	Shbam	4pm	Held on 31 March
	Capri by Fraser, Shenzhen / China	Run	10:30am	Held on 29 March
	Fraser Place Tianjin	Yoga and Meditation	10:30am	Held on 21 March
	Fraser Place Binhai Tianjin	Yoga and Meditation	10:30am	Held on 21 March
	Modena by Fraser New District Wuxi	Meditation	10am	Held on 31 March
Japan	Fraser Residence Nankai, Osaka	Run	6pm	Held on 31 March
South Korea	Fraser Place Central, Seoul	Run	11am	Start from Fraser Place Namdaemun, Seoul on 27 March
	Fraser Place Namdaemun, Seoul			
Indonesia	Fraser Place Setiabudi, Jakarta	Pound Fit (45mins) followed by brunch	9am	Held at Fraser Residence Sudirman on 31 March
	Fraser Residence Menteng,			

	Jakarta			
	Fraser Residence Sudirman, Jakarta			
Malaysia	Fraser Place Kuala Lumpur	Zumba	10am	Held at Fraser Residence Kuala Lumpur on 31 March
	Fraser Residence Kuala Lumpur			
	Capri by Fraser, Kuala Lumpur / Malaysia			
	Fraser Place Puteri Harbour	Zumba	11am	Held on 31 March
	Capri by Fraser, Johor Bahru / Malaysia	Yoga followed by breakfast	8:30am	Held on 31 March
Singapore	Fraser Suites Singapore	Run along Orchard Road followed by HIIT session. Buffet breakfast provided after the activities.	7am	Start from Fraser Residence Orchard, Singapore on 31 March
	Fraser Place Robertson Walk, Singapore			
	Fraser Residence Orchard, Singapore			
	Fraser Residence Singapore			
	Capri by Fraser, Changi City / Singapore	Zumba (2 sets of 21 mins)	8am	Held on 31 March
Thailand	Modena by Fraser Bangkok	Aerobic Dance	8am	Held on 29 March
Vietnam	Capri by Fraser, Ho Chi Minh City / Vietnam	Dance	1pm	Held on 29 March
France	Fraser Suites Harmonie Paris La Défense, Paris	Meditation followed by Qi Gong (approx. an hour each)	10am	Held on 31 March
	Fraser Suites Le Claridge Champs Elysées, Paris	Meditation followed by Qi Gong (approx. an hour each)	3pm	Held on 31 March
Germany	Capri by Fraser, Berlin / Germany	Meditative Massage followed by healthy snacks	11am	Held on 29 March
	Capri by Fraser, Frankfurt / Germany	Meditative Massage followed by healthy snacks	10am to 7pm	Held on 31 March
Hungary	Fraser Residence Budapest	Yoga followed by gourmet lunch	12noon	Held on 31 March
Turkey	Fraser Place Anthill, Istanbul	Yoga followed by trekking in the Belgrad Forest	11:30am	Held on 30 March
	Fraser Place Antasya, Istanbul	Zumba followed by trekking in the Belgrad Forest	10:30am	Held on 30 March
Bahrain	Fraser Suites Seef, Bahrain	Yoga followed by run	4pm	Held at Fraser Suites Seef, Bahrain on 3 April
	Fraser Suites Diplomatic Area, Bahrain			
Nigeria	Fraser Suites Abuja	Yoga followed by breakfast	9:30am	Held on 31 March
Qatar	Fraser Suites Doha	Yoga and Meditation	10am	Held on 30 March
	Fraser Suites West Bay, Doha	Chef Ali's Wellness Masterclass	6pm	Held on 31 March