

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 31 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 31 March |
| China | Fraser Suites CBD, Beijing | Meditation followed by dance | 4pm | 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 | 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 |
| 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 West Bay, Doha | Chef Ali's Wellness Masterclass | 6pm | Held on 31 March |