



THE RITZ - CARLTON

DOHA

YOU ARE INVITED TO CELEBRATE

# GLOBAL WELLNESS DAY 2025

Empowered by  lululemon

THE RITZ-CARLTON DOHA  
JUNE 14TH  
6:45 AM - 7:00 PM

MORNING FLOW

RPM

STORYTELLING  
& PUPPET SHOW

RSVP: +974 5587 5673







**THE RITZ - CARLTON SPA**  
DOHA

GLOBAL  
WELLNESS  
DAY

## EVENT AGENDA

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**06:45 AM – 07:45 AM**

**MORNING FLOW WITH LULULEMON  
LADIES ONLY – BEACHFRONT**

Begin your day with a revitalizing morning flow led by certified lululemon instructors followed by breakfast by the beach and henna.

**06:00 PM – 07:00 PM**

**OUTDOOR RPM REVOLUTION  
OUTDOOR GARDEN**

Push your limits and feel the adrenaline rush in this high-intensity outdoor cycling class.

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**06:00 PM – 07:00 PM**

**STORYTELLING & PUPPET SHOW  
ALL AGES**

Spark wonder and curiosity through an enchanting storytelling and puppet show experience, thoughtfully crafted for younger guests and their families.