

# ACTIVITY SCHEDULE 13-19 FEBRUARY 2023



TIME	MON 13/2	TUE 14/2	WED 15/2	THU 16/2	FRI 17/2	SAT 18/2	SUN 19/2
7:00-8:00		<b>Group Fitness Activity</b> Sunrise Beach Walk by Ana Martins <b>(Free of Charge)</b> Sign up basis @ Beach Minimum 2 pax		<b>Group Fitness Activity</b> Sunrise Beach Walk by Ana Martins <b>(Free of Charge)</b> Sign up basis @ Beach Minimum 2 pax		<b>Group Fitness Activity</b> Sunrise Beach Walk by Ana Martins <b>(Free of Charge)</b> Sign up basis @ Beach Minimum 2 pax	
8.00-8.30	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Tammy (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)	<b>Group Meditation Class</b> @ Sun Shala By Jana (Charge apply)
8.30-9.30	<b>Group Yoga Class</b> Flow** 60 min @ Sun Shala By Jana (Charge apply)	<b>Group Yoga Class</b> Detox Yoga* 60 min @ Sun Shala By Jana (Charge apply)	<b>Group Yoga Class</b> Yoga Pilates ** 60 min @ Sun Shala By Jana (Charge apply)	<b>Group Yoga Class</b> Detox Yoga* 60 min @ Sun Shala By Tammy (Charge apply)	<b>Group Yoga Class</b> Flow** 60 min @ Sun Shala By Jana (Charge apply)	<b>Group Yoga Class</b> Beginners Hatha* 60 min @ Sun Shala By Jana (Charge apply)	<b>Group Yoga Class</b> Detox Yoga* 60 min @ Sun Shala By Jana (Charge apply)
10:00-11:00	<b>Group Pilates Reformer Progressive</b> Abs & Arms @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Butt & thighs @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Fit & Tone @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Abs & Arms @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Butt & thighs @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Fit & Tone @ Reformer Studio By Kevin (Charge apply)	<b>Group Pilates Reformer Progressive</b> Abs & Arms @ Reformer Studio By Kevin (Charge apply)
10:30-12:30	<p>Shuttle Bus service to Chaweng Beach leaving hotel at 10.30 am and return at 12:30 pm please kindly make a reservation at Front Desk in advance at least 3 hours before (Max.10 pax only / First come first serve)</p>						
13:00-14:00		<b>Group Fitness Activity</b> Aqua Power by Ana Martins <b>(Free of Charge)</b> Sign up basis @ Pool Minimum 2 pax Maximum 8 pax		<b>Free Workshop</b> "No Thinking Required" <i>Living A Soul Guided Life</i> By Allen Lottman <b>(Free of Charge)</b> Sign up Basis	<b>ECSTATIC DANCE WITH VALERIE /</b> 60 min @ Jungle Studio Minimum 2 pax <b>1,500 baht per person</b> <b>10:00-11:00 am</b>	<b>Group Fitness Activity</b> Aqua Power by Ana Martins <b>(Free of Charge)</b> Sign up basis @ Pool Minimum 2 pax Maximum 8 pax	<b>Free Recreation</b> Temple Tour (Big Buddha & Plaileam Temple) <b>(Free of Charge)</b> Sign up Basis <b>1.15-2.15 pm</b>
13:00-15:00	<p>Shuttle Bus service to Choengmon Beach leaving hotel at 1.00 pm and return at 3.00 pm. Please kindly make a reservation at Front Desk in advance at least 3 hours before (Max.10 pax only / First come first serve)</p>						

TIME	MON 13/2	TUE 14/2	WED 15/2	THU 16/2	FRI 17/2	SAT 18/2	SUN 19/2
15:30-16:30	<b>Group Pilates Reformer Essential Stretch Destress</b> @ Reformer Studio <b>By Kevin</b> (Charge apply)	<b>Group Core Suspend</b> (Max. 7 pax only) @ Functional Studio <b>By Kevin</b> (Charge apply)	<b>Group Pilates Reformer Essential Butt &amp; thighs</b> @ Reformer Studio <b>By Kevin</b> (Charge apply)	<b>Group Pilates Reformer Essential Fit &amp; Tone</b> @ Reformer Studio <b>By Kevin</b> (Charge apply)	<b>Group Core Suspend</b> (Max. 7 pax only) @ Functional Studio <b>By Kevin</b> (Charge apply)	<b>Group Pilates Reformer Essential Butt &amp; thighs</b> @ Reformer Studio <b>By Kevin</b> (Charge apply)	<b>Group Pilates Reformer Essential Fit &amp; Tone</b> @ Reformer Studio <b>By Kevin</b> (Charge apply)
17.00-18:00	<b>Group Yoga Class Hatha Yoga Stretch</b> 60 min* @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Hot Yoga</b> 60 min** @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Destress Yoga</b> 60 min* @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Hot Yoga</b> 60 min** @ Jungle Studio <b>By Bee</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Yin Yoga</b> 60 min* @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Hot Yoga</b> 60 min** @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis	<b>Group Yoga Class Restorative Yoga</b> 60 min* @ Jungle Studio <b>By Jana</b> (Charge apply) Sign up Basis
18:30 - 19:30		<b>SOUND HEALING WITH OLGA KORN</b> 60 min @ Functional Studio <b>Minimum 2 pax</b> <b>1,500 baht per person</b> <b>6.30-7.30 pm</b>				<b>SOUND IMMERSION SESSION WITH SVETLANA &amp; DMITRY</b> @ Jungle Studio <b>Minimum 2 pax</b> <b>1,500 baht per person</b> <b>8:00-9:00 pm</b>	
18:30 - 20:30	<b>SHUTTLE BUS TO:</b> <b>FISHERMAN'S VILLAGE WALKING STREET (MON/WED/FRI) AT 6.30 PM AND RETURN AT 8.30 PM</b> <b>CHAWENG NIGHT SHUTTLE (TUE/THURS/SAT) AT 6.30 PM AND RETURN AT 8.30 PM</b>  <i>Max. 10 pax only, first come first serve!!! Please kindly make a reservation at Front Desk in advance.</i>						

**RULE & REGULATION:**

- \* ALL CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
- \* MINIMUM 2 PAX TO START FOR ALL PILATES REFORMER/ YOGA CLASSES/ GROUP FITNESS CLASSES
- \* ALL CLASSES ARE ON SIGN UP ONLY

**GROUP PILATES REFORMER & CORE SUSPEND CLASSES**

- Socks are required for all classes.
- FOUNDATION class for Pilates Reformer is compulsory for any First-Time students to understand the basics of Pilates reformer.
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

**GROUP YOGA CLASSES**

- Yoga classes with \* are good for detoxers and beginners, yoga classes with \*\* are good for advanced students
- All Yoga classes are on sign up basis and minimum 2 pax to start per class
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**