

WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	10.00-10.50	13.00-13.30	15.00-15.50	16.00-16.50
Price	THB 500++/class	THB 500++/class	Wellness Talks Complimentary	THB 500++/class	THB 500++/class
Monday	Yoga for beginner @ Yoga Sala	Fit ball exercise @ Fitness Studio (Max 4 persons)	'Why you have back pain' @ Wellness Library	Muay Thai @ Fitness Studio (Max 4 persons)	Flow yoga @ Yoga Sala
Tuesday	Hatha yoga @ Yoga Sala	Core exercise @ Fitness Studio	'Yoga Philosophy' @ Wellness Library	TRX @ Yoga Sala (Max 4 persons)	Vinyasa yoga @ Yoga Sala
Wednesday	Yoga for beginner @ Yoga Sala	Circuit workout @Fitness Studio	Lower back pain Relief exercise @ Yoga Sala	Pilates mat class @ Yoga Sala	Yin yoga – deep stretch @ Yoga Sala
Thursday	Hatha yoga @ Yoga Sala	Muay Thai @ Fitness Studio (Max 4 persons)	'Benefits of Colon Hydrotherapy' @ Yoga Sala	Core exercise @ Fitness Studio	Flow yoga @ Yoga Sala
Friday	Yoga for beginner @ Yoga Sala	HIIT Class @ Fitness Studio	Little stretch @ Yoga Sala	TRX @ Yoga Sala (Max 4 persons)	Vinyasa yoga @ Yoga Sala
Saturday	Hatha yoga @ Yoga Sala	Pilates mat class @ Yoga Sala	'Nutrition' @ Wellness Library	TABATA @ Fitness Studio	Yin yoga – deep stretch @ Yoga Sala
Sunday	Yoga for beginner @ Yoga Sala	Body weight Exercises @ Fitness Studio	'Acupuncture' @ Wellness Library	HIIT Class @ Fitness Studio	Vinyasa yoga @ Yoga Sala



• Venue of activities can be changed according to weather condition. **This schedule is subject to change without notice.** • All rates are subject to 10% service charge and 7% government tax. • **Advance booking is requested. No walk-ins accepted,** To book a class or private session please visit or call the spa reception (7701,7711 between 10am-8pm). • All class can be taken as private sessions, THB 1,500++for individuals and THB 2,100++ for couple please book one day in advance for private sessions. • Kayaks and paddle boards are available for lending, free of charge, or 1,200++ with a teacher court is available free of charge, booking in 1 hour slots (Tennis ball is available at the price of THB 300++ per box) • Tennis partner, if booked is THB 1,200++ and is at basic level only.

GUIDE TO CLASSES

Yoga for beginner	A tailor-make slow movement yoga session suitable for anyone who would like to enjoy practicing yoga.
Hatha yoga	A traditional form of yoga combining classical postures with breathing. A lower intensity yoga class.
Circuit workout	Circuit training is a style of workout where you cycle through several exercises (usually five to 10) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system.
Core exercise	The name might be core but you'll be working your whole body. You'll use a combination of body weight exercises to challenge the core stabilisers in your shoulder, hips, and torso. You'll strengthen your core for better posture and improved performance in your daily activities.
Muay Thai	A high intensity cardio class based on Thai boxing moves. Improves fitness, flexibility and muscle tone. A great fat burner!
Little stretch	A quick 30 minutes to focus on flexibility
Lower back pain exercise	A gentle stretching class focused on the lower back and related muscle groups
Body weight exercises	Bodyweight exercises are a type of strength-training where you use your own weight to provide resistance against gravity.
TRX	'Total resistance exercise'; TRX uses your own body weight and a suspended strap with handles to improve core strength, body strength and tone, alignment and coordination.
TABATA	This workout is a form of high intensity interval designed to get your heart rate up in the anaerobic zone for short periods of time. Not only does this help build your fitness level, it helps you burn more calories both during and after your workouts.
HIIT Class	High-intensity exercise in a short period of time increase the heart rate, repeats for a specified period of time
Stretching and Fitball	A mix of cardio and stretching exercise using the Fitball to support better movement, while challenging balance and strength.
Flow yoga	Experience a series of yoga postures done in a rhythmic flow synchronized with breathing to improve muscle flexibility, strength and endurance
Vinyasa yoga	A more dynamic style of yoga. Combines flowing yoga poses with the breath for a stronger practice. Most suitable for those with experience practicing yoga.
Yin yoga	A slower paced class consisting of yoga postures to improve flexibility, focusing on long holds of 1-3 minutes

Remarks: Kayaks and paddle boards are available for lending, free of charge, or 1,200++ with a teacher. • Tennis court is available free of charge from 7:00AM to 7:00PM booking in 1 hour slots (**Tennis ball is available at the price of THB 300++ per box**). • Tennis partner, if booked is 1,200++ baht and is at basic level only.