

# 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. • Tennis 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

<b>Yoga for beginner</b>	A tailor make slow movement yoga session suitable for anyone who would like to enjoy practicing yoga.
<b>Hatha yoga</b>	A traditional form of yoga combining classical postures with breathing. A lower intensity yoga class.
<b>Circuit workout</b>	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.
<b>Core exercise</b>	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 stabilizers in your shoulder, hips, and torso. You'll strengthen your core for better posture and improved performance in your daily activities.
<b>Muay Thai</b>	A high intensity cardio class based on Thai boxing moves. Improves fitness, flexibility and muscle tone. A great fat burner!
<b>Little stretch</b>	A quick 30 minutes to focus on flexibility
<b>Lower back pain exercise</b>	A gentle stretching class focused on the lower back and related muscle groups
<b>Body weight exercises</b>	Bodyweight exercises are a type of strength training where you use your own weight to provide resistance against gravity.
<b>TRX</b>	'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.
<b>TABATA</b>	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.
<b>HIIT Class</b>	High intensity exercise in a short period of time increase the heart rate, repeats for a specified period of time
<b>Stretching and Fitball</b>	A mix of cardio and stretching exercise using the Fitball to support better movement, while challenging balance and strength.
<b>Flow yoga</b>	Experience a series of yoga postures done in a rhythmic flow synchronized with breathing to improve muscle flexibility, strength and endurance
<b>Vinyasa yoga</b>	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.
<b>Yin yoga</b>	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.