

Fitness Activities

RESERVATIONS ARE REQUIRED ONE DAY IN ADVANCE
PLEASE ARRIVE AT THE FITNESS CENTRE 15 MINUTES PRIOR TO YOUR APPOINTMENT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 9:00am						
Kung Fu 45 minutes	Tai Chi 45 minutes	Pilates Mat 45 minutes	Basic Yoga for adult 50 minutes	Tabata Workout 30 minutes	Personal Training 60 minutes THB 1,000++ per person	Personal Training 60 minutes THB 1,000++ per person
2:00pm - 3:00pm						
Muay Thai Dancing 45 minutes	Elastic Band 45 minutes	Aerobic Exercise 45 minutes	Elastic Band 45 minutes	Stretching 45 minutes	Abdominal Workout 30 minutes	Abs,Hip, Thighs 45 minutes
4:00pm - 5:00pm						
Tabata Workout 30 minutes	Kid Boxing (for 9 to 16 years) 60 minutes THB 500++	Thai Boxing 60 minutes THB 1,500++	Kid Boxing (for 9 to 16 Years) 60 minutes THB 500++	Thai Boxing 60 minutes THB 1,500++	Fight Body Exercises 45 minutes	Elastic Band 45 minutes

Exclusive Activities : Personal Trainer 60 minutes THB 1,000++ per person | 9:00am - 5:00pm

REMARKS: ABOVE PRICES ARE IN THAI BAHT AND EXCLUSIVE OF 17.7% GOVERNMENT TAX AND SERVICE CHARGE
FOR MORE INFORMATION OR A RESERVATION, PLEASE CONTACT US AT EXTENSION 6020 OR 6022