

# 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
<b>8:00am - 9:00am</b>						
<b>Kung Fu</b> 45 minutes	<b>Qi Gong</b> 45 minutes	<b>Pilates Mat</b> 45 minutes	<b>Basic Yoga</b> 50 minutes	<b>Power Walk</b> 50 minutes	<b>Almsgiving ceremony</b> THB 599++ per person	<b>Almsgiving ceremony</b> THB 599++ per person
<b>2:00pm - 3:00pm</b>						
<b>Muay Thai Dancing</b> 45 minutes	<b>Tabata Workout</b> 45 minutes	<b>Stretching</b> 45 minutes	<b>Abs,Hip, Thighs</b> 45 minutes	<b>Stretching</b> 45 minutes	<b>Abdominal Workout</b> 30 minutes	<b>Tabata Workout</b> 45 minutes
<b>4:00pm - 5:00pm</b>						
<b>Super Stretching</b> 60 minutes THB 800++ per person	<b>Kid Boxing (for 9 to 16 years)</b> 60 minutes THB 500++	<b>Thai Boxing</b> 60 minutes THB 1,500++	<b>Kid Boxing (for 9 to 16 Years)</b> 60 minutes THB 500++	<b>Thai Boxing</b> 60 minutes THB 1,500++	<b>Aerobic Exercise</b> 45 minutes	<b>Aqua Aerobic</b> 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