

# ACTIVITY SCHEDULE 11<sup>th</sup> – 17<sup>th</sup> Sep 2017



TIME	MON 11/09	TUE 12/09	WED 13/09	THU 14/09	FRI 15/09	SAT 16/09	SUN 17/09
7.00-8.00	<b>Group Fitness Activity</b> Sunrise walk @ Beach By Marco		<b>Group Fitness Activity</b> Sunrise walk @ Beach By Marco		<b>Group Fitness Activity</b> Sunrise walk @ Beach By Marco		
8.00-8.30	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Niki	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Jana	<b>Group Yoga Class</b> Pranayama/Meditation* @ Jungle Studio By Niki	
8.30-9.30	<b>Group Yoga Class</b> Gentle Flow 60 min* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Detox Yoga 60 min* @ Jungle Studio By Niki	<b>Group Yoga Class</b> Beginners Hatha/Intro to Yoga 60 min* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Detox Yoga 60 min* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Gentle Flow 60 min* @ Jungle Studio By Jana	<b>Group Yoga Class</b> Detox Yoga 60 min* @ Jungle Studio By Niki	
9.30-10.00	<b>Group Pilates Reformer</b> Foundation @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Foundation @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Foundation @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Foundation @ Reformer Studio By Nok			<b>Group Pilates Reformer</b> Foundation @ Reformer Studio By Nok
10.00-11.00	<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Fit & Tone @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Abs & Arms @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok			<b>Group Pilates Reformer</b> Abs & Arms @ Reformer Studio By Nok
10.00-11.30	<b>Group Yoga Class</b> Flow 90 min** @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Hot 90 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Ashtanga 90 min** @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Flow 90 min** @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Hot 90 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> All Styles 90 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Hot 90 min** @ Jungle Studio By Jana
11.15-12.15		<b>Group Pilates Reformer</b> Abs & Arms @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Fit & Tone @ Reformer Studio By Nok			<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok

TIME	MON 11/09	TUE 12/09	WED 13/09	THU 14/09	FRI 15/09	SAT 16/09	SUN 17/09
1.00-2.00	<b>Free Workshop:</b> Astrology & Palmistry by Omesh @ Consultation Room	<b>Free Workshop:</b> Chakra Balance Therapy By Alena @ Consultation Room	<b>Free Workshop:</b> EFT By Alister @ Consultation Room	<b>Recreation</b> <b>Art Therapy</b> (Charge Apply) (Min 2pax) @ Consultation Room By Tatiana	<b>Free Workshop:</b> Metta Healing By David @ Consultation Room	<b>Recreation</b> <b>Temple Tour</b> By GSA	<b>Free Workshop:</b> Body Mind Ecology (Min 2pax) By Dr. Will @ Consultation Room
2.30-3.30	<b>Group Pilates Reformer</b> Abs & Arms @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Fit & Tone @ Reformer Studio By Nok	<b>Group Pilates Reformer</b> Abs & Arms @ Reformer Studio By Nok			<b>Group Pilates Reformer</b> Fit & Tone @ Reformer Studio By Nok
3.00-4.00		<b>Group Fitness Activity</b> Aqua Power @ Pool By Marco	<b>Recreation</b> <b>Cooking Class</b> (Charge Apply) @ Love Kitchen Outdoor	<b>Group Fitness Activity</b> Aqua Power @ Pool By Marco	<b>Recreation</b> <b>Towel Folding</b> @ Jungle Studio (Maximum 5 pax)		
4.00-5.00	<b>Core Suspend</b> Butt & thighs @ Reformer Studio By Nok			<b>Group Pilates Reformer</b> Butt & thighs @ Reformer Studio By Nok			
4.30-5.30	<b>Group Yoga Class</b> Beginner Hatha 60 min* @ Jungle Studio By Niki	<b>Group Yoga Class</b> Restorative Yoga 60 min* @ Jungle Studio By Jana	<b>Group Yoga Class</b> Yoga Core 60 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Yin 60 min* @ Jungle Studio By Niki	<b>Group Yoga Class</b> Beginner Hatha 60 min* @ Jungle Studio By Ampinee	<b>Group Yoga Class</b> Hot 90 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Yin Yang 90 min* @ Jungle Studio By Jana
6.00-7.30	<b>Group Yoga Class</b> Hot Yin Yang 90 min** @ Jungle Studio By Niki	<b>Group Yoga Class</b> Yoga Pilates 60 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Hot 90 min** @ Jungle Studio By Jana	<b>Group Yoga Class</b> Flow 90 min** @ Jungle Studio By Niki	<b>Group Yoga Class</b> Hot Yin Yang 90 min** @ Jungle Studio By Ampinee		

\*ACTIVITIES HIGHLIGHTED IN YELLOW ARE COMPLIMENTARY FOR ALL IN-HOUSE GUEST. 1 DAY BOOKING IN ADVANCE NEEDED.

\*PLEASE REFER TO PACKAGE INCLUSION FOR GROUP YOGA & PILATES REFORMER CLASSES. CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.

- All class schedules subject to change without prior notice.
- 1 day advance booking for all activities highlighted in yellow. Please contact wellness reception for booking

#### GROUP PILATES REFORMER & CORE SUSPEND CLASSES

- Socks are required for all classes.
- Limited slots available. Please contact our reception at 815 or 800 to book your spot in class in advance.
- FOUNDATION class for Pilates Reformer is compulsory for any First-Time students to understand the basics of pilates reformer.

#### GROUP YOGA CLASSES

- Yoga classes with \* are good for detoxers and beginners, yoga classes with \*\* are good for advanced students

#### COOKING CLASSES

- Minimum of 2 pax to start for group session (maximum 4 pax per class).
- For group session, the menu of cooking class must be the same menu option only. You can choose 1 dish from each category (Appetizer, Main and Desert)
- Charges apply: THB 1,500 per person for group session and THB 2,500 for private session (included recipes and certificate).