

ACTIVITIES								
TIME	MON 2 MAR	TUE 3 MAR	WED 4 MAR	THU 5 MAR	FRI 6 MAR	SAT 7 MAR	SUN 8 MAR	
08:00 AM	 <b>FLY STRETCH</b> <i>Studio II</i> 	 <b>MORNING YOGA</b> <i>Studio I</i> 	 <b>FUNCTIONAL WEIGHT TRAINING</b> <i>Wellness Gym</i> 	 <b>ACTIVE FASCIA RELEASE</b> <i>Studio I</i> 	 <b>CRYSTAL SOUND HEALING</b> <i>Studio I</i> 	 <b>DANCING MUAY THAI</b> <i>Studio I</i> 	 <b>PILATES MAT</b> <i>Studio I</i> 	
10:00 AM	 <b>HIIT</b> <i>Studio I</i> 	 <b>CHAIR STRETCH</b> <i>Studio I</i> 	 <b>CRYSTAL SOUND HEALING</b> <i>Studio I</i> 	 <b>HIIT</b> <i>Studio I</i> 	 <b>NEUROMUSCULAR EXERCISE</b> <i>Studio I</i> 	 <b>FLY STRETCH</b> <i>Studio II</i> 	 <b>GARDEN BOOTH CAMP</b> <i>Ruen Rim Klong Garden</i> 	 <b>KIDS YOGA</b> <i>Studio II</i> 
04:00 PM	 <b>BREATH WORK</b> <i>Studio I</i> 	 <b>DANCING MUAY THAI</b> <i>Studio I</i> 	 <b>HEAD TO TOE STRETCH</b> <i>Studio I</i> 	 <b>TAI CHI</b> <i>Studio I</i> 	 <b>AQUA HIIT</b> <i>Swimming Pool</i> 	 <b>PRANAYAMA</b> <i>Studio I</i> 	 <b>REALIGNING YOGA</b> <i>Studio I</i> 	

CATEGORIES :

-  Physical
-  Mind

INTENSITY :

-  Low Intensity
-  Moderate Intensity
-  High Intensity

GUIDELINES & ETIQUETTES :

- Please call Wellness Reception (Ext. 8703 / 8704 ) to reserve your class (Maximum 24hours in advance).
- Please arrive 10 minutes before class starts at Wellness Gaya in proper sports attire.
- No mobile phone during classes - please set ringer/notification to silent mode.
- Kids 12-16 years old are welcome to join the class and need to be supervised by parents or guardians.
- Sanitize your hands upon entry, exit before and after workout.
- Classes will automatically be cancelled if no one shows up for the class after 20 minutes.
- Wellness Gaya reserves the right to amend any and all Rules, Etiquette and Pricing, without prior notice.
- The Hotel Management will not be responsible for any losses, injuries, incidents or accidents of anyone using the Wellness Gaya's facilities.