

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9:30 h						Group Training	Group Training
10:15 h	Yoga	Yoga	Taichi	Yoga	Yoga	Yoga - Taichi	Yoga
11:30 h	Pilates	Pilates	Chikung	Pilates	Pilates	Pilates	Chikung
12:45 h	Stretching	Stretching	Meditacion	Stretching	Stretching	Stretching	Pilates
17:15 h	Stretching	Taichi	Stretching		Taichi	Stretching	Taichi- Stretching
18:30 h	Pilates	Chikung	Pilates		Chikung	Pilates- Chikung	Pilates
19:45 h	Yoga	Meditacion	Yoga		Meditacion	Yoga-Meditacion	Yoga-Meditacion

We recommend to use sports clothes to participate in our wellness activities and to use our fitness facilities. This schedule is subject to change.



**ASIA GARDENS**

HOTEL & THAI SPA