

TIME	DEPARTURE		WHERE	WITH
6:00 - 7:30	5:45	<b>BIG BUDDHA HIKE</b> 4KM Intense Walking up to Big Buddha	BIG BUDDHA	Francesco & Kat
7:00 - 8:00		<b>BREAKFAST &amp; JUICES</b>	DINING AREA	
8:00 - 9:00	7:45	<b>BIKRAM YOGA   60-Minute Express</b> Stretch, detoxify, relieve stress, tone and heal in our RAW HOT YOGA STUDIO	RAW HOT YOGA STUDIO	Tom
8:00 - 9:00		<b>AERIAL YOGA</b> Using fabric to support the weight of your body & help you achieve numerous postures	BIG VILLA GARDEN <b>(5 people max)</b>	Stas
8:15 - 9:00	8:00	<b>SUP BOARDING</b> Connect with nature while amplifying the physical and mental benefits of stand up paddle boarding	PLAYGROUND <b>(7 people max)</b>	Tamara
9:15 - 10:00	9:00	<b>HIIT THE PLAYGROUND</b> Join in some intense outdoor fun by the sea!	THE PLAYGROUND	Darius
10:00 - 11:00	9:45	<b>MUAY THAI CARDIO</b> Develop Endurance, Stamina & Confidence	RAW.FITNESS	Moo & Team
10:15 - 11:00		<b>MAT PILATES</b> Stretching & Core Strengthening	SPA HOUSE BALCONY <b>(8 people max)</b>	Elle
11:15 - 11:45		<b>RECOVERY INDUCTION &amp; ICE BATH ENDURANCE</b> Wear your Swimwear!	ICE BATH	Francesco
11:15 - 11:45		<b>YOUR BREATH WILL SET YOU FREE</b> The Ultimate Practice for Letting Go & Creating New	BIG VILLA GROUND FLOOR	Venus
11:30 - 12:30		<b>Lunch</b> Thai Som Tam	DINING AREA	
12:15 - 13:00		<b>COOKING CLASS</b> Dairy Free - Banana Ice Cream	PYRAMID KITCHEN	Niki
13:00 - 14:00		<b>TALK</b> You Can Do Anything <i>How To Get What You Really Want</i>	LOUNGE	Sophie
14:30 - 15:15		<b>STRENGTH</b> Gain muscle strength & increase muscle to fat ratio	BIG VILLA GARDEN	Darius
14:30 - 15:30		<b>SKINCARE CLASS</b> Aloe Vera - A Plant With Purpose	PYRAMID KITCHEN	Niki
15:30 - 16:15		<b>AQUA FUNK</b> Get the body moving & have some fun!	MAIN VILLA POOL	Darius
16:30 - 17:30	16:15	<b>BIKRAM YOGA   60-Minute Express</b> Stretch, detoxify, relieve stress, tone and heal in our RAW HOT YOGA STUDIO	RAW HOT YOGA STUDIO	Jay
16:30 - 17:30	16:15	<b>MUAY THAI SKILLS</b> Develop Technique in Your Muay Thai Skills	RAW.FITNESS	Moo & Team
16:30 - 17:30		<b>STRENGTH PILATES</b> A mind-body workout that targets your core muscles with every exercise	SPA HOUSE BALCONY <b>(8 people max)</b>	Elle
17:30 - 18:15	Villa 17:20 Gym 17:25	<b>SUNSET BEACH CHILLOUT</b>	NAIHARN BEACH	Driver
17:35 - 18:30		<b>NEW WEEK, NEW YIN</b> Yin Yoga Sequence to Detox the Mind & Body	SPA HOUSE BALCONY <b>(10 people max)</b>	Stas
18:00 - 19:00		<b>Dinner</b> Gourmet Burgers	DINING AREA	
19:00 - 20:00		<b>TALK</b> Life After Phuket Cleanse	LOUNGE	Sam & Kritika
20:00 - 21:00		<b>SOMA BREATHWORK MEDITATION</b> Lying-down, active breathing & intention setting workshop. You will be guided to breathe deeply & rhythmically to help promote clarity, focus and heightened states of consciousness	BIG VILLA GROUND FLOOR	Rita