

ACTIVITY SCHEDULE 15th – 21st January 2018



TIME	MON 15/01	TUE 16/01	WED 17/01	THU 18/01	FRI 19/01	SAT 20/01	SUN 21/01
7.00-8.00	Group Fitness Activity Sunrise walk @ Beach (depending on weather) By Marco (Free of charge)		Group Fitness Activity Sunrise walk @ Beach (depending on weather) By Marco (Free of charge)		Group Fitness Activity Sunrise walk @ Beach (depending on weather) By Marco (Free of charge)		
8.00-8.30	Group Yoga Class Pranayama/Meditation* @ Garden Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation* @ Garden Studio By Jana (Free of charge)	Group Yoga Class Pranayama/Meditation* @ Garden Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation* @ Garden Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation* @ Garden Studio By Jana (Free of charge)	Group Yoga Class Pranayama/Meditation* @ Jungle Studio By Jana (Free of charge)	
8.30-9.30	Group Yoga Class Gentle Flow 60 min* @ Garden Studio By Ampinee (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Garden Studio By Jana (Charge apply)	Group Yoga Class Beginners Hatha/Intro to Yoga 60 min* @ Garden Studio By Ampinee (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Garden Studio By Ampinee (Charge apply)	Group Yoga Class Gentle Flow 60 min* @ Garden Studio By Jana (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Jungle Studio By Jana (Charge apply)	
9.30-10.00	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Nok (Charge apply)
10.00-11.00	Group Pilates Reformer Abs & Arms @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Nok (Charge apply)
10.00-11.30	Group Yoga Class Flow 90 min** @ Jungle Studio By Ampinee (Free of charge)	Group Yoga Class Yoga Pilates 60 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Flow 90 min** @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class*/** All Styles 60/90 min @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)
1.00-2.00	Free Workshop: Astrology & Palmistry By Omesh (Min 2pax) @ Consultation Room	Free Workshop: "Stress Management through Flow State Entrainment" (Min 2pax) By Dr. Will @ Consultation Room	Free Workshop: EFT By Alister (Min 2pax) @ Consultation Room	Free Workshop: Art Therapy (Min 2pax) @ Consultation Room By Tatiana	Free Workshop: Metta Healing (Min 2pax) By David @ Consultation Room	Recreation Temple Tour By GSA (Free of charge)	Free Workshop: TOOLS FOR JOY (Min 2pax) @ Consultation Room By Dr.Cherisse

TIME	MON 15/01	TUE 16/01	WED 17/01	THU 18/01	FRI 19/01	SAT 20/01	SUN 21/01
2.30-3.30	Group Pilates Reformer Butt & thighs @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Rachel (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Nok (Charge apply)
3.30-4.30	Group Core Suspend Abs & Arms @ Reformer Studio By Rachel (Charge apply)	Group Fitness Activity Aqua Challenge @ Pool (depending on weather) By Marco (Free of charge)	Group Core Suspend Butt & thighs @ Reformer Studio By Rachel (Charge apply)	Group Fitness Activity Aqua Challenge @ Pool (depending on weather) By Marco (Free of charge)	Recreation Towel Folding @ Jungle Studio (Maximum 5 pax) (Free of charge)		3:00pm-4:00pm Recreation Cooking Class @ Love Kitchen Outdoor (Charge apply)
4.30-5.30	Group Yoga Class Beginner Hatha 60 min* @ Jungle Studio By Ampinee (Charge apply)		Group Yoga Class Yin Yoga 60 min* @ Jungle Studio By Jana (Charge apply)		Group Yoga Class Restorative Yoga 60 min* @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Yin Yang 90 min* @ Jungle Studio By Jana (Charge apply)
6.00-7.30		Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)		Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)			

RULE & REGULATION:

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

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

*** ALL CLASS SCHEDULE 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.
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

GROUP YOGA CLASSES

- Yoga classes with * are good for detoxers and beginners, yoga classes with ** are good for advanced students
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

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).**