

Absolute Sanctuary Sample Weekly Group Activities



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
8.00-8.30	<p style="text-align: center;">Group Yoga Class Pranayama/Meditation @ Sun Shala By Jana <i>Free of charge</i></p>						
8.30-9.30	<p>Group Yoga Class Gentle Flow 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Detox Yoga 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Yoga Pilates 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Detox Yoga 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Gentle Flow 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Beginners Hatha/Intro to Yoga 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Yoga Class Detox Yoga 60 min* @ Sun Shala By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>
10.00-11.00	<p>Group Pilates Reformer <u>Essential</u> Butt & thighs @ Reformer Studio By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Progressive</u> Fit & Tone @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Progressive</u> Abs & Arms @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Progressive</u> Butt & thighs @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Progressive</u> Stretch & Destress on Reformer Class @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Progressive</u> Abs & Arms @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	
11:15-14.00	<p style="text-align: center;">Shuttle Bus service to Chaweng Beach leaving hotel at 11.15 hrs. and return at 14.00 hrs., please kindly make a reservation at Front Desk 1 day in advance</p>						
14.00-14.30	<p>Group Pilates Reformer Foundation for Pilates Reformer @ Reformer Studio By Jana</p>	<p>Group Pilates Reformer Foundation for Pilates Reformer @ Reformer Studio By Sari</p>	<p>Group Pilates Reformer Foundation for Pilates Reformer @ Reformer Studio By Sari</p>				
14.30-15.30	<p>Group Pilates Reformer <u>Essential</u> Abs & Arms @ Reformer Studio By Jana (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Essential</u> Abs & Arms @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>	<p>Group Pilates Reformer <u>Essential</u> Butt & thighs @ Reformer Studio By Sari (Charge apply)</p> <p>Minimum 2 pax to start Sign up Basis</p>				

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT URDAY	SUNDAY
15.45-17.30	Shuttle Bus service to Bophut Beach (Fisherman's Village) leaving hotel at 15:45 hrs. and return at 17:30 hrs. Please kindly make a reservation at Front Desk 1 day in advance						
18.00-19.30	Group Yoga Class Hatha Yoga Stretching 60 min* @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class Destress Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class All Style Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class Yin Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis	Group Yoga Class Restorative Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Minimum 2 pax to start Sign up Basis

RULE & REGULATION:

- * ALL CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
- * MINIMUM 2 PAX TO START FOR ALL PILATES REFORMER AND YOGA CLASSES
- * ALL CLASSES ARE ON SIGN UP ONLY

GROUP PILATES REFORMER & CORE SUSPEND CLASSES

- Socks are required for all classes.
- 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
- All Yoga classes are on sign up basis and minimum 2 pax to start per class
 - For morning class, please sign up by 6 pm of the day before
 - For evening class, please sign up by 2 pm of the current day
- **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).**