

## ACTIVITY SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.00-8.00	<b>Group Fitness Activity</b> Sunrise Walk @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		<b>Group Fitness Activity</b> Sunrise Walk @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		<b>Group Fitness Activity</b> Sunrise Walk @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		
8.00-8.30	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Ampinee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Jana <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Ampinee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Ampinee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Jana <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Jana <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Jana <b>(Free of charge)</b>
8.30-9.30	<b>Group Yoga Class</b> <b>Gentle Flow</b> 60 min* @ Jungle Studio By Ampinee <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Detox Yoga</b> 60 min* @ Jungle Studio By Jana <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Beginners Hatha/Intro</b> to Yoga 60 min* @ Jungle Studio By Ampinee <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Detox Yoga</b> 60 min* @ Jungle Studio By Ampinee <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Gentle Flow</b> 60 min* @ Jungle Studio By Jana <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Yoga Pilates</b> 60 min* @ Jungle Studio By Jana <b>(Charge apply)</b>	<b>Group Yoga Class</b> <b>Detox Yoga</b> 60 min* @ Jungle Studio By Jana <b>(Charge apply)</b>
9.30-10.00	<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>		<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Foundation</b> @ Reformer Studio By Sari <b>(Charge apply)</b>
10.00-11.00	<b>Group Pilates</b> <b>Reformer</b> <b>Fit &amp; Tone</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Abs &amp; Arms</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Fit &amp; Tone</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Butt &amp; thighs</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Abs &amp; Arms</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Butt &amp; thighs</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates</b> <b>Reformer</b> <b>Fit &amp; Tone</b> @ Reformer Studio By Sari <b>(Charge apply)</b>
13.00-14.00	<b>Free Workshop:</b> <b>Astrology &amp; Palmistry</b> By Omesh (Min 2pax) @ Consultation Room	<b>Free Workshop:</b> <b>How To Stop</b> <b>worrying what people</b> <b>think of you</b> By David Bailey (Min 2pax) @ Consultation Room	<b>Free Workshop:</b> <b>EFT</b> By Dr. Alister (Min 2pax) @ Consultation Room	<b>Free Workshop:</b> <b>Metta Healing</b> By David (Min 2pax) @ Consultation Room	<b>Community hour:</b> Introduce to wellness friends in Absolute Sanctuary By Stephanie @ Love Kitchen Lounge	<b>Free Workshop:</b> <b>Overcoming difficult</b> <b>times</b> By Stephanie @ Consultation Room	<b>Recreation</b> <b>Temple Tour</b> By GSA <b>(Free of charge)</b>

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
14.30-15.30	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio By Darlene (Charge apply)	<b>Group Pilates Reformer Abs &amp; Arms</b> @ Reformer Studio By Sari (Charge apply)
15.30-16.30		<b>Group Fitness Activity Aqua Challenge</b> @ Pool (depending on weather) By Marco (Free of charge)		<b>Group Fitness Activity Aqua Challenge</b> @ Pool (depending on weather) By Marco (Free of charge)			
16.00-17.00	<b>Group Yoga Class Ashtanga 90 min**</b> @ Jungle Studio By Ampinee (Charge apply)	<b>Group Yoga Class Yin 60 min*</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio By Darlene (Charge apply)	<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio By Darlene (Charge apply)	<b>Group Yoga Class Yin 60 min*</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio By Darlene (Charge apply)	<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio By Sari (Charge apply)
18.00-19.30		<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Yoga Class All Style Yoga 60 min*/**</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Yoga Class Flow 60 min**</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio By Jana (Charge apply)	<b>Group Yoga Class Restorative Yoga 60 min*</b> @ Jungle Studio By Jana (Charge apply)

**RULE & REGULATION:**

\* ALL CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

\* 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.

**GROUP PILATES REFORMER & CORE SUSPEND CLASSES**

- Socks are required for all classes.
- Limited slots available. Please contact our reception at 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).**

**FREE WORKSHOP**

- Minimum of 2 pax to start for free workshop session. 1 day booking in advance needed. Session are subject to change without prior notice
- **SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**