

Your Wellness Your Way

COMPLIMENTARY WELLNESS ACTIVITY SCHEDULE

DAY/TIME	08:00	16:00	17:00	18:45
SUNDAY	 Morning Trail Walk (Meet at Lobby)	 Fruit Carving Class (Library)	 Sunset Yoga (Top of building H.)	
MONDAY	 Pilates Mat (at Sculpt Fitness)	 Hand Garland Making (Library)	 Aqua Fit (Main Pool)	 Fire Show (at The Radiant Sun)
TUESDAY	 Yoga for Beginner (Top of building H.)	 Thai Costume Photo Shoot THB 500++/Set (Meet at Library)	 Boot Camp (At Sculpt Fitness)	
WEDNESDAY	 Morning Trail Walk (Meet at Lobby)	 Massage Lesson (Aqua Spa)	 Kite Flying (Top of building H.)	 Fire Show (at The Radiant Sun)
THURSDAY	 Work out with PT THB 500++/Person (at Sculpt Fitness)	 Ping Pong Tournament (Game Room)	 Sunset Yoga (Top of building H.)	
FRIDAY	 Yoga for Beginner (Top of building H.)	 Thai Dancing Class (at Sculpt Fitness)	 Aqua Fit (Main Pool)	 Fire Show (at The Radiant Sun)
SATURDAY	 Basic Stretching (at Sculpt Fitness)	 Thai Leaf Origami (Library)	 Kite Flying (Top of building H.)	

ADVANCE RESERVATION IS HIGHLY RECOMAND FOR ALL ACTIVITIES,
FOR MORE INFORMATION PLEASE DIAL 6711 OR 0

PRIVATE CLASSES FOR YOGA, MUAY THAI, PILATES, MEDITATION,
PERSONAL TRAINER, SWIMMING LESSONS THB 1,500++ / HOUR / PERSON

SCHEDULE OF COMPLIMENTARY CLASSES ARE SUBJECT TO CHANGE.