

COMPLIMENTARY *Wellness* SCHEDULE

SUN	8 AM 11:30 AM 3 PM 4 PM 5 PM 5:30 PM	Nature Walk Aqua Fit Thai Talk FC 25 Tournament (4-6 pax) Cornhole Tournament Sunset Yoga	Meet at Lobby The Main Pool Kids Club Game Room Game Room Top of building 8
MON	8 AM 3 PM 4 PM 5 PM 6:30 PM	Tai Chi Thai Dance Mini Golf Tournament Intro Muay Thai Fire Show	The Herb Garden Kids Club Top of building 2 Top of building 8 The Radiant Sun
TUE	8 AM 11:30 AM 3 PM 4 PM 5 PM 5:30 PM	Morning Jogging Aqua Fit Basic Swimming Mini Golf Tournament Dart Tournament Sunset Yoga	Meet at Lobby The Main Pool The Main Pool Top of building 2 Game Room Top of building 8
WED	8 AM 3 AM 4 PM 5 PM 5:30 PM 6:30 PM	Pilates Workout Thai Talk Fold The Pandon Rose Pool Table Tournament Mini HYROX Workout Fire Show	Top of building 8 Kids Club Kids Club Game Room Top of building 8 The Radiant Sun
THU	8 AM 11:30 PM 3 PM 4 PM 5 PM 5:30 PM	Morning Jogging Aqua Fit Wai Kru Muay Thai Mini Golf Tournament Table Tennis Tournament Body Stretching	Meet at Lobby The Main Pool Kids Club Top of building 2 Game Room Top of building 8
FRI	8 AM 3 PM 4 PM 5 PM 5:30 PM 6:30 PM	Yoga for Beginner Thai Talk FC 25 Tournament (4-6 pax) Circuit Muay Thai Pool Table Tournament Fire Show	The Herb Garden Kids Club Game Room Top of building 8 Game Room The Radiant Sun
SAT	8 AM 11:30 AM 3 PM 4 PM 5 PM	Abdominal Exercise Khim Live Performance Thai Leaf Origami Mini Golf Tournament Tabata & HIIT Workout	Top of building 8 Lobby Kids Club Top of building 2 Top of building 8
<i>Rainy Day</i>	8 AM 11 AM 3 PM 4 PM 5:30 PM	Body Stretching Thai Talk Thai Leaf Origami Pool Table Tournament Sunset Yoga	Sculpt Fitness Kids Club Kids Club Game Room Sculpt Fitness

Private classes THB 1,000++/ hour/person, THB 1,500++/hour/ two person. Date and time are subject on discussion. (Yoga, Muay Thai,Pilates Work Out,Full Body Stretching,Wai Kru Muaythai) All activities are subject to cancel or change without notice, Depends on the weather. Advance reservation is highly recommended.

For more information please contact Kids Club (09.00hrs. - 18.00hrs.) dial 6711 or 0