

TIME /DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-09:30	Yoga Meditation Beach	Tai chi Class Beach	Yoga Meditation Beach	Tai chi Class Beach	Yoga Meditation Beach	Tai chi Class Beach	Tai chi Class Beach
11:30-12:30	Upper Body Work Out Gym	Pilates class Gym	Abdominal Gym	Fit Ball Gym	Stretching Gym	Personal Training Gym	Lower Body Work Out Gym
13:00-14:00	Aqua Exercise Miner Pool	Petanque Tournament Beach	Aqua Exercise Miner Pool	Aqua Exercise Miner Pool	Petanque Tournament Beach	Aqua Exercise Miner Pool	Aqua Exercise Miner Pool
15:00-16:00	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person	Muay Thai Beach 300 THB / person
16:00-17:00	Beach Volleyball Beach	Beach Volleyball Beach	Beach Exercise Beach	Beach Volleyball Beach	Beach Volleyball Beach	Beach Exercise Beach	Beach Volleyball Beach
17:00-18:00	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person	Sunset Yoga Beach 300 THB / person

Above program can be arranged for Private Class at 600 THB / per person or 900 THB / per couple

The activities above are based on one hour and must be reserved one day in advance
For more information and reservation, please dial "0" or contact our Guest Service Centre



G Y M

OPEN DAILY

07:00 - 21:00