

# WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am – 8.30 am	<b>Thai Boxing</b> Anantara Spa	<b>Yoga</b> Anantara Spa	<b>Pilates</b> Anantara Spa	<b>Meditation</b> Anantara Spa	<b>Pilates</b> Anantara Spa	<b>Yoga</b> Anantara Spa	<b>Qi-Gong</b> Anantara Spa
9.00 am – 10.00 am	<b>Yoga</b> Anantara Spa THB 400++ / person		<b>Thai Boxing</b> Anantara Spa THB 400++ / person		<b>Yoga</b> Anantara Spa THB 400++ / person		<b>Thai Boxing</b> Anantara Spa THB 400++ / person
10.00 am – 11.00 am		<b>Kids Yoga</b> Anantara Spa THB 250++ / child				<b>Kids Yoga</b> Anantara Spa THB 250++ / child	
2.00 pm – 3.00 pm				<b>15-minute consultation with Dr. Serge</b> Yoga & Pilates Instructor			
4.00 pm – 5.00 pm		<b>Beach Volleyball</b> In front of Ocean's Edge					<b>Beach Volleyball</b> In front of Ocean's Edge
4.30 pm – 5.30 pm	<b>Tennis for Kids</b> Tennis Court THB 250++ / child					<b>Tennis for Kids</b> Tennis Court THB 250++ / child	

 Highlighted activities are provided on complimentary basis.

## NOTES:

- Advance reservations the day prior to the activity are highly recommended.
- For complimentary classes or sessions, a maximum number of 5 persons per class are allowed.
- For yoga sessions, please bring your yoga mat which you will find in your closet. Additional mats are available on site.
- Private classes are available for yoga (beginner and advanced).
- Kids' yoga is applicable for children between 6 years to 12 years; parent or guardian must sign the disclaimer form.
- Prices are quoted in Thai Baht and subject to 10% service charge and applicable government tax.

For more information or booking enquiries, please contact our Discovery Host in the Lobby or dial '6'.

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