

WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 am – 08.30 am (complimentary)	Thai Boxing in the Lily Pond Garden	Qi-Gong at Anantara Spa	Pilates at Anantara Spa	Thai Boxing at the Lily Pond Garden	Meditation at Anantara Spa	Yoga at Anantara Spa	Meditation at Anantara Spa
09:00 am – 10.00 am	Yoga at Anantara Spa THB 400++ per person	Thai Boxing in the Lily Pond Garden THB 400++ per person	Thai Boxing in the Lily Pond Garden THB 400++ per person	Yoga at Anantara Spa THB 400++ per person	Thai Boxing in the Lily Pond Garden THB 400++ per person	Thai Boxing in the Lily Pond Garden THB 400++ per person	Yoga at Anantara Spa THB 400++ per person
2.00 pm – 3.00pm				Book your 15 minute consultation with Dr. Serge (Complimentary)			
4.00 pm – 5.00 pm (complimentary)**	Tennis for children at Tennis Court THB 250++ per child	Beach Volleyball (in front of Ocean's Edge) **		Beach Volleyball (in front of Ocean's Edge) **		Tennis Discovery at Tennis Court (from 4.30 pm - 5.00 pm)**	

Terms and Conditions:

- Advance reservation highly recommended (day before).
- Yoga sessions, please kindly bring along your Yoga mat, which you will find in your closet. Additional mats available on site.
- Private classes are available for Yoga (beginner and advanced) and Muay Thai Boxing.
- Prices are in Thai Baht, subject to a 10% service charge and prevailing government tax.

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

