

WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

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