

WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 am – 10.00 am (complimentary)	Thai Boxing in the Lily Pond Garden		Pilates at Anantara Spa		Meditation at Anantara Spa		Yoga at Anantara Spa
4.00 pm – 5.00 pm (complimentary)		Beach Volleyball (in front of Ocean's Edge)				Tennis Discovery at Tennis Court (from 4.30 pm - 5.00 pm)	
8.30 am – 9.30 am		Yoga at Anantara Spa THB 400++ per person		Yoga at Anantara Spa THB 400++ per person			
11.00 am – to 12 noon			Thai Boxing in the Lily Pond Garden THB 400++ per person			Thai Boxing in the Lily Pond Garden THB 400++ per person	
2.00 pm – 3.00pm				Book your 15 minute consultation with Dr. Serge (Complimentary)			
4.00 pm – 5.00 pm	Tennis for children at Tennis Court THB 250++ per child						

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'.

