

WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am – 8.30 am	Thai Boxing Lily Pond Garden		Pilates Anantara Spa		Yoga Anantara Spa		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
11.00 am – 12.00 pm				Meet with Bettina Maul “Happiness is an Inside Job”			
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 – 5.00 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.
- 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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