

WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|---|--|---|---|---|---|---|
| 8.00 am – 8.30 am | Thai Boxing Anantara Spa | | Yoga Anantara Spa | | Pilates Anantara Spa | Meditation Anantara Spa | Yoga Anantara Spa |
| 9.00 am – 10.00 am | Yoga Anantara Spa THB 400++ / person | Thai Boxing Anantara Spa THB 400++ / person | Thai Boxing Anantara Spa THB 400++ / person | Yoga Anantara Spa THB 400++ / person | Yoga Anantara Spa THB 400++ / person | Yoga Anantara Spa THB 400++ / person | Thai Boxing Anantara Spa THB 400++ / person |
| 10.00 am – 11.00 am | | Kids Yoga Anantara Spa THB 250++ / child | | | | Kids Yoga Anantara Spa 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 | |
| 4.30 pm – 5.30 pm | Tennis for Kids Tennis Court THB 250++ / child | | 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 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 Reception or dial '6'.

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