



## WEEKLY ACTIVITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am - 8.45 am	Morning Jog (Age 16+ Years) @Lobby	ABS Workout (Age 16+ Years) @Boxing Ring	Hit Workout (Age 16+ Years) @Boxing Ring	Sunrise Yoga (Age 16+ Years) @Boxing Ring		Circuit Training (Age 16+ Years) @Boxing Ring	
11.00 am - 12.00 am		Kids Thai Boxing (Age 6-15 Years) @Boxing Ring	Kids Yoga (Age 6-15 Years) @Boxing Ring				
4.00 pm - 4.45 pm	Beach Football (Age 13-16 Years) @Beach	Thai Boxing (Age 16+ Years) @Boxing Ring	Stretching Full Body (Age 16+ Years) @Boxing Ring	Pilates (Age 16+ Years) @Boxing Ring		Thai Boxing (Age 16+ Years) @Boxing Ring	
7.00 pm - 8.00 pm			Kid's Movie Night (Age 4-15 Years) @Beach				

### Terms and Conditions:

- One-day advance reservation is required.
  - Prices are in THB and subject to 10% service charge and prevailing government tax.
  - \*\*\*Tiktok dancing class **THB 450 NET/person/hrs** (Reservation required 1 day in advance)
- For reservations and more information, please dial "4" for Anantara Spa**

### \*Private Class Fee

Yoga for beginner	THB 1,500++ per person per hour
Muay Thai Boxing	THB 2,000++ per person per hour
Private Fitness Trainer	THB 1,500++ per person per hour