



WEEKLY ACTIVITY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 am - 8.45 am	Circuit Training (Age 16+ Years) @Boxing Ring	Morning Jog (Age 16+ Years) @Lobby	Sunrise Yoga (Age 16+ Years) @Boxing Ring	Aqua Aerobic (Age 16+ Years) @Main Pool	Fitness Training (Age 16+ Years) @Fitness Center	Sunrise Yoga (Age 16+ Years) @Boxing Ring	Abs Workout (Age 16+ Years) @Boxing Ring
11.00 am - 12.00 am	Jumping Rope (Age 6-15 years) @Beach	Kids Thai Boxing (Age 6-15 Years) @Boxing Ring		Kids Yoga (Age 6-15 Years) @Boxing Ring	***Tiktok dancing class (Age 12-16 Years) @Beach	Kids Thai Boxing (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	Body Pilates (Age 16+ Years) @Boxing Ring	Beach Volleyball (Age 13-16 Years) @Beach	Thai Boxing (Age 16+ Years) @Boxing Ring	Muscle Stretching (Age 16+ Years) @Boxing Ring	Beach Football (Age 13-16 Years) @Beach
7.00 pm - 8.00 pm			Movie Night (Age 4-15 Years) @Beach				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