



## WEEKLY ACTIVITY CALENDAR

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

### Terms and Conditions:

- One-day advance reservation is required.
- Prices are in THB and subject to 10% service charge and prevailing government tax.

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 |