

ENTERTAIN ME PROGRAMME OF OCTOBER 2026

Time	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	Pilates Mat Class ■ At Studio Active Zone Max. 8 peopxle	Beginner Yoga ◇ At Studio Active Zone Max. 8 people	Tai Chi Class (30 Mins) ◇ At Studio Active Zone Max. 8 people	Beginner Yoga ◇ At Studio Active Zone Max. 8 people	Morning Stretching ◇ At Studio Active Zone Max. 8 people	Pilates Mat Class ■ At Studio Active Zone Max. 8 people	Beginner Yoga ◇ At Studio Active Zone Max. 8 people
9:00 AM		Bird Watching ▲ At Library Max. 8 people 6 years old and above			Bird Watching ▲ At Library Max. 8 people 6 years old and above		
10:00 AM	Basic Thai Boxing ▲ THB 700++/person At Anantara Boxing Ring Max. 4 people		Basic Thai Boxing ▲ THB 700++/person At Anantara Boxing Ring Max. 4 people		Basic Thai Boxing ▲ THB 700++/person At Anantara Boxing Ring Max. 4 people		Basic Thai Boxing ▲ THB 700++/person At Anantara Boxing Ring Max. 4 people
12:30 PM	Himalayan Sound Bath Healing ▲ THB 1,000++/person At Anantara Spa Max. 4 people	How to do rose quartz facial guasha ▲ THB 1,000++/ person At Anantara Spa Max. 4 people	Thai Massage Lesson ▲ THB 1,000++/person At Anantara Spa Max. 4 people	Himalayan Sound Bath Healing ▲ THB 1,000++/person At Anantara Spa Max. 4 people	Thai Massage Lesson ▲ THB 1,000++/person At Anantara Spa Max. 4 people	Himalayan Sound Bath Healing ▲ THB 1,000++/person At Anantara Spa Max. 4 people	How to do rose quartz facial guasha ▲ THB 1,000++/ person At Anantara Spa Max. 4 people
2:00 PM	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people	Archery Fun Game At Active Zone Max. 8 people
3:00 PM		Farm Discovery Fun ▲ At Anantara Farm Meeting at Active Zone Max. 10 people					
5:00 PM	Beginner Yoga ◇ At Studio Active Zone Max. 8 people	Circuit Training ■ At Studio Active Zone Max. 8 people *Sport shoes is required	Beginner Yoga ◇ At Studio Active Zone Max. 8 people	Full body Workout ■ At Studio Active Zone Max. 8 people *Sport shoes is required	Cardio Workout (30 Mins) ■ At Studio Active Zone Max. 8 people *Sport shoes is required	Beginner Yoga ◇ At Studio Active Zone Max. 8 people	Stretching Class ◇ At Studio Active Zone Max. 8 people

Remarks

- Anantara Fitness Center is opened Daily 24 hours.
- The Ice Bath is available daily at the Active Zone from 8:00 AM to 8:00 PM on a first-come, first-served basis.
- Please be advised that if guests do not show up within 15 minutes from the classes starting time, the reservations will be automatically canceled.
- **Advance booking are required.** For more information or reservations, please contact our recreation team or dialing 0.
- Please note that any activities or sessions subject to an additional charge will be charged separately and are subject to a 10% service charge and 7% government tax.

▲ Recommended Activities

◇ Mind & Body Exercise

▼ Competition

■ Exercise