

Fitness Center Activities Program

| Day / Time | 08:10 am - 09:00 am | 14:00 pm - 15:30 pm Outdoor Activities | 14:10 pm - 15:00 pm | 16:10 pm - 17:00 pm |
|------------------|------------------------|---|--|------------------------|
| Monday | Stretching Class | Wet & Wide | Introduction to Thai Massage | Hi-Lo Aerobic |
| Tuesday | Pilates on the Mat | Water Polo | Thai Cooking Class (13:00 pm - 15:00 pm)* | Gym Introduction |
| Wednesday | Fitball Exercise | Wet & Wide | Animal Towel Folding | Pilates on the Mat |
| Thursday | Stretching Class | Water Polo | Thai Cooking Class | ABS Class (30 mins) |
| Friday | ABS Class (30 mins) | Wet & Wide | Introduction to Thai Dancing | Gym Introduction |
| Saturday | Hi-Lo Aerobic | Water Polo | Thai Boxing Class (13:00 pm - 15:00 pm)* | Stretching Class |
| Sunday | Pilates on the Mat | Wet & Wide | Flower Garland Marking | Flower Garland Marking |

Hi-Lo Aerobics are a maxing up of High Impact and Low Impact for lots options allowing people of all levels of fitness to join.

Pilates Exercises promote an even musculature throughout the body by strengthening the core and considered the muscles closest to the spine.

*Thai Boxing Class: THB 500 net per person per class.

*Thai Cooking Class: THB 1,500 net per person per class.

The 24 hours advance reservation is highly recommended