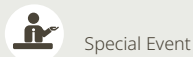


WEEKLY ACTIVITIES

12 - 18 AUGUST 2024



TIME	ACTIVITIES						
	MON 12 AUGUST	TUE 13 AUGUST	WED 14 AUGUST	THU 15 AUGUST	FRI 16 AUGUST	SAT 17 AUGUST	SUN 18 AUGUST
07:00 AM	★ FASCIA RELEASE RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★ MORNING YOGA RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★ PILATES MAT FLOW RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA
10:00 AM	★★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★★ YOGA FLOW RAKxa GAYA	★★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★★★★ ANIMAL FLOW RAKxa GAYA	★★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★ SINGING BOWL RAKxa GAYA	★★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS
02:00 PM							
03:00 PM	★★★★ ACTIVE SUSPENSION RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★★ HIIT RAKxa GAYA	★★★ PILATES MAT FLOW RAKxa GAYA	★★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★★ ACTIVE SUSPENSION RAKxa GAYA
05:00 PM	★ TAI CHI RAKxa GAYA	★ HIP OPENER RAKxa GAYA	★ AQUA AI CHI RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★ SUNSET YOGA RAKxa GAYA	★★ AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA



Instructor is subjected to change without prior notice

- To avoid missing your class/activity, RAKxa JAI and RAKxa GAYA kindly ask you to be on time.
- A cancellation will be made if your arrival is delayed more than 15 minutes.
- If rain: Aqua boxing, noodle and hand buoy will change to HIIT class.
- Aqua Aichi will change to Fascia release class.



The Pilates Reformer and Reformer Stretch class charges are as follows; Member: THB 900 per person per class, Non-Member: THB 1,200 per person per class
*Full-price charge will be applied on any cancellation made within 24 hours of class date/time.



Scan here for class description

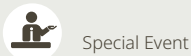
- ★ Light Intensity
- ★★ Moderate Intensity
- ★★★ High Intensity

WEEKLY ACTIVITIES

19 - 25 AUGUST 2024



TIME	ACTIVITIES						
	MON 19 AUGUST	TUE 20 AUGUST	WED 21 AUGUST	THU 22 AUGUST	FRI 23 AUGUST	SAT 24 AUGUST	SUN 25 AUGUST
07:00 AM	★★★ HIIT RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★ MORNING YOGA RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★ RAKxa RISE AND SHINE RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★★★ ABS, BUTT AND THIGHS RAKxa GAYA
10:00 AM	★★ YOGA FLOW RAKxa GAYA	★★★ PAID CLASS PILATES REFORMER FOUNDATION RAKxa GAYA	★ PILATES MAT FOUNDATION RAKxa GAYA	★★ PAID CLASS PILATES REFORMER FOUNDATION RAKxa GAYA	★★ YOGA FLOW RAKxa GAYA	★★★ PAID CLASS REFORMER STRETCH RAKxa GAYA	★ SINGING BOWL RAKxa GAYA
02:00 PM							
03:00 PM	★★ FITBALL RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★★ ANIMAL FLOW RAKxa GAYA	★★ FITBALL RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★★ ACTIVE SUSPENSION RAKxa GAYA	★★ FITBALL RAKxa GAYA
05:00 PM	★ TAI CHI RAKxa GAYA	★ HIP OPENER RAKxa GAYA	★★ AQUA AEROBIC BOXING RAKxa GAYA	★★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★★ AQUA AEROBIC WITH NOODLE RAKxa GAYA	★★ YOGA FLOW RAKxa GAYA



Special Event

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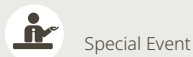
- ★ Light Intensity
- ★★ Moderate Intensity
- ★★★ High Intensity

WEEKLY ACTIVITIES

26 AUGUST - 1 SEPTEMBER 2024



TIME	ACTIVITIES						
	MON 26 AUGUST	TUE 27 AUGUST	WED 28 AUGUST	THU 29 AUGUST	FRI 30 AUGUST	SAT 31 AUGUST	SUN 1 SEPTEMBER
07:00 AM	★ HIP OPENER RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★ STRETCHING RAKxa GAYA	★ RAKxa RISE AND SHINE RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★★ MORNING YOGA RAKxa GAYA	★★★ ACTIVE SUSPENSION RAKxa GAYA
10:00 AM	★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★ QI QONG RAKxa GAYA	★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★★★ HIIT RAKxa GAYA	★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★★★ ANIMAL FLOW RAKxa GAYA	★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS
02:00 PM							
03:00 PM	★★★ ANIMAL FLOW RAKxa GAYA	★★★ ACTIVE SUSPENSION RAKxa GAYA	★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★ STRETCHING RAKxa GAYA	★ TAI CHI RAKxa GAYA
05:00 PM	★ CHAIR STRETCH RAKxa GAYA	★★ YOGA FLOW RAKxa GAYA	★★ AQUA AEROBIC WITH NOODLE RAKxa GAYA	★★ YOGA FLOW RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★ AQUA AI CHI RAKxa GAYA	★★ AQUA AEROBIC WITH HAND BUOY RAKxa GAYA



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Scan here for class description

- ★ Light Intensity
- ★★ Moderate Intensity
- ★★★ High Intensity