

WEEKLY ACTIVITIES

23 - 29 MARCH 2026

TIME	ACTIVITIES						
	MON 23 MAR	TUE 24 MAR	WED 25 APR	THU 26 APR	FRI 27 APR	SAT 28 APR	SUN 29 APR
07:00 AM	★★ MORNING YOGA RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★ TAI CHI RAKxa GAYA	★ STRETCHING RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA
10:00 AM	★★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★ REFORMER STRETCH RAKxa GAYA PAID CLASS	★ PILATES MAT FOUNDATION RAKxa GAYA	★★ PILATES REFORMER FOUNDATION RAKxa GAYA PAID CLASS	★★ YOGA FLOW RAKxa GAYA	★★ REFORMER STRETCH RAKxa GAYA PAID CLASS
02:00 PM							
03:00 PM	★★ FITBALL RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★★ FLOW AND STRENGTH RAKxa GAYA	★★★★ ACTIVE SUSPENSION RAKxa GAYA	★★ HIP TWIST RHYTHMIC DANCE RAKxa GAYA	★★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★★★★ LATIN BEAT CARDIO DANCE RAKxa GAYA
05:00 PM	★ STRETCHING RAKxa GAYA	★★ PILATES MAT FLOW RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★★ AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	★★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★ AQUA AEROBIC BOXING RAKxa GAYA	★ TAI CHI RAKxa GAYA



Special Event

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.

PAID 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