

# ACTIVITY SCHEDULE 30<sup>th</sup> September – 6<sup>th</sup> October 2019



TIME	MON 30/09	TUE 01/10	WED 02/10	THU 03/10	FRI 04/10	SAT 05/10	SUN 06/10
7.00-8.00	<b>Group Fitness Activity</b> Beach Walk/Jogging/Swimming @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		<b>Group Fitness Activity</b> Beach Walk/Jogging/Swimming @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		<b>Group Fitness Activity</b> Beach Walk/Jogging/Swimming @ Beach (depending on weather) By Marco <b>(Free of charge)</b>		
8.00-8.30	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Cara <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>	<b>Group Yoga Class</b> Pranayama/Meditation @ Jungle Studio By Bee <b>(Free of charge)</b>
8.30-9.30	<b>Group Yoga Class Gentle Flow</b> 60 min* @ Jungle Studio By Cara <b>(Charge apply)</b>	<b>Group Yoga Class Detox Yoga</b> 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>	<b>Group Yoga Class Beginners Hatha/Intro</b> to Yoga 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>	<b>Group Yoga Class Detox Yoga</b> 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>	<b>Group Yoga Class Gentle Flow</b> 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>	<b>Group Yoga Class Yoga Pilates</b> 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>	<b>Group Yoga Class Detox Yoga</b> 60 min* @ Jungle Studio By Bee <b>(Charge apply)</b>
9.30-10.00	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Sari <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Sari <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Foundation</b> @ Reformer Studio By Sari <b>(Charge apply)</b>
10.00-11.00	<b>Group Pilates Reformer Stretch &amp; Destress on Reformer Class</b> @ Reformer Studio By Sari <b>(Charge apply)</b>	<b>Group Pilates Reformer Abs &amp; Arms</b> @ Reformer Studio By Sari <b>(Charge apply)</b>	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Abs &amp; Arms</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio By Darlene <b>(Charge apply)</b>	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio By Sari <b>(Charge apply)</b>
13.00-14.00	<b>Free Workshop: Astrology &amp; Palmistry</b> By Omesh (Min 2pax) @ Consultation Room	<b>Recreation Temple Tour</b> By GSA <b>(Free of charge)</b>	<b>Free Workshop: Thirty Minute Face Lift'-hosted</b> By Dr. William Engelhardt (Min 2pax) @ Consultation Room	<b>Free Workshop: Metta Healing</b> By David (Min 2pax) @ Consultation Room	<b>Free Workshop: EFT</b> By Dr. Alister (Min 2pax) @ Consultation Room	<b>Free Workshop: Overcoming difficult times</b> By Stephanie @ Consultation Room	<b>Recreation Temple Tour</b> By GSA <b>(Free of charge)</b>

TIME	MON 30/09	TUE 01/10	WED 02/10	THU 03/10	FRI 04/10	SAT 05/10	SUN 06/10
14.30-15.30	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio <b>By Sari</b> (Charge apply)	<b>Group Pilates Reformer Fit &amp; Tone</b> @ Reformer Studio <b>By Sari</b> (Charge apply)	<b>Group Pilates Reformer Abs &amp; Arms</b> @ Reformer Studio <b>By Darlene</b> (Charge apply)	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio <b>By Darlene</b> (Charge apply)	<b>Group Pilates Reformer Stretch &amp; Destress on Reformer Class</b> @ Reformer Studio <b>By Darlene</b> (Charge apply)	<b>Group Pilates Reformer Abs &amp; Arms</b> @ Reformer Studio <b>By Darlene</b> (Charge apply)	<b>Group Pilates Reformer Butt &amp; thighs</b> @ Reformer Studio <b>By Sari</b> (Charge apply)
15.30-16.30	"Special Retail Day" @ Wellness Center	<b>Group Fitness Activity Aqua Challenge</b> @ Pool (depending on weather) <b>By Marco</b> (Free of charge)		<b>Group Fitness Activity Aqua Challenge</b> @ Pool (depending on weather) <b>By Marco</b> (Free of charge)		"Special Retail Day" @ Wellness Center	
16.00-17.00	<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio <b>By Sari</b> (Charge apply)		<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio <b>By Darlene</b> (Charge apply)		<b>Free Activity: Cooking Class Show &amp; Free Testing</b> @Love Kitchen By Love Kitchen (Min 2pax) (Free of charge)		<b>Group Core Suspend Abs &amp; Arms</b> @Functional Studio <b>By Sari</b> (Charge apply)
16.00-17.00		<b>Group Yoga Class Yin 60 min*</b> @ Jungle Studio <b>By Bee</b> (Charge apply)			<b>Group Yoga Class Yin 60 min*</b> @ Functional Studio <b>By Bee</b> (Charge apply)		
18.00-19.30	<b>Group Yoga Class Hatha Yoga Stretching 60 min**</b> @ Jungle Studio <b>By Bovy</b> (Charge apply)	<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio <b>By Bee</b> (Charge apply)	<b>Group Yoga Class Destress Yoga 60 min*</b> @ Jungle Studio <b>By Bee</b> (Charge apply)	<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio <b>By Bee</b> (Charge apply)	<b>Group Yoga Class All Style Yoga 60 min**/**</b> @ Jungle Studio <b>By Bee</b> (Charge apply)	<b>Group Yoga Class Hot 90 min**</b> @ Jungle Studio <b>By Bee</b> (Charge apply)	<b>Group Yoga Class Restorative Yoga 60 min*</b> @ Jungle Studio <b>By Bee</b> (Charge apply)

**RULE & REGULATION:**

**\* ALL CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

**\* PLEASE REFER TO PACKAGE INCLUSION FOR GROUP YOGA & PILATES REFORMER CLASSES. CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

**\* ACTIVITIES HIGHLIGHTED IN YELLOW ARE COMPLIMENTARY FOR ALL IN-HOUSE GUEST. 1 DAY BOOKING IN ADVANCE NEEDED.**

**GROUP PILATES REFORMER & CORE SUSPEND CLASSES**

- Socks are required for all classes.
- FOUNDATION class for Pilates Reformer is compulsory for any First-Time students to understand the basics of pilates reformer.
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

**GROUP YOGA CLASSES**

- Yoga classes with \* are good for detoxers and beginners, yoga classes with \*\* are good for advanced students
- **CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.**

**COOKING CLASSES**

- Minimum of 2 pax to start for group session (maximum 4 pax per class).
- For group session, the menu of cooking class must be the same menu option only. You can choose 1 dish from each category (Appetizer, Main and Desert) **CHARGES APPLY: THB 1,500 PER PERSON FOR GROUP SESSION AND THB 2,500 FOR PRIVATE SESSION (INCLUDED RECIPES AND CERTIFICATE).**

**FREE WORKSHOP** Minimum of 2 pax to start for free workshop session. 1 day booking in advance needed. Session are subject to change without prior notice

- **SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**