

Activity Schedule 2-8 February 2026

Time	Mon 2/2	Tue 3/2	Wed 4/2	Thu 5/2	Fri 6/2	Sat 7/2	Sun 8/2
7.00- 8.00		Free Group Fitness Tai Chi* By Achai @ White Tent					
8.00- 8.30	Group Meditation @ Sun Shala By Jana	Group Meditation @ Sun Shala By Deniz	Group Meditation @ Sun Shala By Jana	Group Meditation @ Jungle Studio By Tammy	Group Meditation @ Sun Shala By Jana	Group Meditation @ Jungle Studio By Jana	Group Meditation @ Sun Shala By Jana
8.30- 9.30	Group Yoga Class Flow** @ Sun Shala By Jana	Group Yoga Class Detox Yoga* @ Sun Shala By Deniz	Group Yoga Class Yoga Pilates** @ Sun Shala By Jana	Group Yoga Class Detox Yoga* @ Jungle Studio By Tammy	Group Yoga Class Flow** @ Sun Shala By Jana	Group Yoga Class Beginners Hatha* @ Jungle Studio By Jana	Group Yoga Class Detox Yoga* @ Sun Shala By Jana
10:00- 11:00	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Hailey	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Hailey	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Hailey
10:30- 12:30	Shuttle Bus service to Chaweng Beach leaves the hotel at 10.30 hrs. and returns at 12:30 hrs. Please reserve your seat at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)						
Group Recreations & Workshops	Group Recreation Learning Thai By Wellness Host @ Chill lounge 13.00 - 14.00 hrs.		Group Recreation Temple Tour Big Buddha & Plaileam 13.15 - 14.15 hrs.	Group Workshop No Thinking Required Living A Soul Guided Life By Allen @ Chill lounge 13.00 - 14.00 hrs		Group Recreation Breathwork & Ice Bath By Sasha team @ Sun Shala 13.00 - 14.00 hrs THB 1,900/pax	Group Recreation Temple Tour Big Buddha & Plaileam 13.15 - 14.15 hrs.
13:00- 15:00	Shuttle Bus service to Choengmon Beach leaves the hotel at 13.00 hrs. and returns at 15:00 hrs. Please reserve your seat at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)						

Time	Mon 2/2	Tue 3/2	Wed 4/2	Thu 5/2	Fri 6/2	Sat 7/2	Sun 8/2
15:30- 16:30	Group Pilates Reformer Essential Stretch Destress @ Reformer Studio By Kevin	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Kevin	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Hailey	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Hailey	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Hailey
17:00- 18:00	Free Group Fitness Circuit Training** By Achai @ Fitness Studio		Free Group Fitness Stretching & Mobility Training** By Achai @ Fitness Studio	Free Group Fitness Mat Pilates** By Hailey @ Fitness Studio	Free Group Fitness Functional Training** By Hailey @ Fitness Studio	Free Group Fitness Tabata Workout** By Hailey @ Fitness Studio	Free Group Fitness HIIT Workout** By Hailey @ Fitness Studio
18:00- 19:00	Group Yoga Class Hatha Yoga Stretch* @ Jungle Studio By Jana	Group Yoga Class Hatha Vinyasa** @ Sun Shala By Jana	Group Yoga Class Destress Yoga* @ Jungle Studio By Jana	Group Yoga Class Hot Yoga** @ Jungle Studio By Jana	Group Yoga Class Yin Yoga* @ Jungle Studio By Jana	Group Yoga Class Hot Yoga** @ Jungle Studio By Jana	Group Yoga Class Restorative Yoga* @ Jungle Studio By Jana
SPECIAL GROUP ACTIVITIES	An Evening Of Yohti <i>Sound Healing & guided meditation</i> By Allen @ Salt Room 19.00-21.00 hrs. THB 3,500/pax		Sound Healing <i>(floating option)</i> By Svetlana team @ Swimming pool 18.30 – 19.30 hrs. THB1,500 /pax				
19:30- 21:30	Shuttle Bus service Monday / Wednesday / Friday, to Fisherman's Village Walking Street, leaving the hotel at 19.30 hrs and returning at 21.30 hrs. Tuesday / Thursday / Saturday, to Chaweng Night Market, leaving the hotel at 19.30 hrs and returning at 21.30 hrs. Please reserve a spot at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)						

Special Retail Day on Saturday - Get 15% discount of all Absolute You Premium and Absolute Sanctuary Products (not valid for third party products)

RULES & REGULATIONS - ALL CLASS SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. - ALL GROUP CLASSES ARE ON SIGN UP ONLY BASIS. - CHARGES APPLY FOR GROUP PILATES REFORMER & YOGA CLASSES IF THEY ARE NOT INCLUDED IN YOUR PACKAGE. - MINIMUM 2 GUESTS TO START FOR GROUP PILATES REFORMER CLASSES/ GROUP YOGA CLASSES/ GROUP FITNESS/GROUP RECREATIONS (COOKING DEMONSTRATION)/BREATHWORK & ICE BATH BY SASHA/GROUP WORKSHOP ("TRE" BY LAXI)/ SOUND HEALING BY PIYAPORN/ INTRODUCTION TO CHINESE MEDICINE BY MARIA - MINIMUM 3 GUESTS TO START FOR GROUP AN EVENING OF YOHTI BY ALLEN/SOUND HEALING BY SVETLANA TEAM - MAXIMUM 12 GUESTS ONLY FOR TEMPLE TOUR .	GROUP PILATES REFORMER CLASSES -SOCKS ARE REQUIRED FOR ALL CLASSES. -A FOUNDATION CLASS FOR PILATES REFORMER IS COMPULSORY FOR ALL FIRST-TIMERS TO UNDERSTAND THE BASICS AND HOW TO USE THE MACHINE SAFELY. GROUP YOGA CLASSES -YOGA CLASSES MARKED WITH * ARE SUITABLE FOR DETOXERS AND BEGINNERS. -YOGA CLASSES MARKED WITH ** ARE SUITABLE FOR ADVANCED PARTICIPANTS. GROUP FITNESS CLASSES -FITNESS CLASSES MARKED WITH * ARE SUITABLE FOR BEGINNERS. -FITNESS CLASSES MARKED WITH ** ARE SUITABLE FOR ADVANCED PARTICIPANTS.
---	--