

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 |
|--------------------------|--|--|--|--|---|--|---|
| 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 Sound Healing & guided meditation By Allen @ Salt Room 19.00-21.00 hrs. THB 3,500/pax | | Sound Healing (floating option) 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 TEAM
- MINIMUM 3 GUESTS TO START FOR GROUP AN EVENING OF YOHTI BY ALLEN/SOUND HEALING BY SVETLANA
- 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.