

ACTIVITY SCHEDULE 05th - 11th November 2018

TIME	MON 05/11	TUE 06/11	WED 07/11	THU 08/11	FRI 09/11	SAT 10/11	SUN 11/11
7.00-8.00	Group Fitness Activity Sunrise Walk @ Beach (depending on weather) By Marco (Free of charge)		Group Fitness Activity Sunrise Walk @ Beach (depending on weather) By Marco (Free of charge)		Group Fitness Activity Sunrise Walk @ Beach (depending on weather) By Marco (Free of charge)		
8.00-8.30	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Jana (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Ampinee (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Jana (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Jana (Free of charge)	Group Yoga Class Pranayama/Meditation @ Jungle Studio By Jana (Free of charge)
8.30-9.30	Group Yoga Class Gentle Flow 60 min* @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Beginners Hatha/Intro to Yoga 60 min* @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Gentle Flow 60 min* @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Yoga Pilates 60 min* @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Detox Yoga 60 min* @ Jungle Studio By Jana (Charge apply)
9.30-10.00		Group Pilates Reformer Foundation @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Darlene (Charge apply)		Group Pilates Reformer Foundation @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Foundation @ Reformer Studio By Darlene (Charge apply)	
10.00-11.00	Group Pilates Reformer Butt & thighs @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Abs & Arms @ Reformer Studio By Jana (Charge apply)
13.00-14.00	Free Workshop: Astrology & Palmistry By Omesh (Min 2pax) @ Consultation Room	Free Workshop: "Stress Management through Flow State Entrainment" (Min 2pax) By Dr. Will @ Consultation Room	Free Workshop: EFT By Dr. Alister (Min 2pax) @ Consultation Room	Free Workshop: Metta Healing By David (Min 2pax) @ Consultation Room	Community hour: Introduce to wellness friends in Absolute Sanctuary By Stephanie @ Love Kitchen Lounge	Free Workshop: Overcoming difficult times By Stephanie @ Consultation Room	Recreation Temple Tour By GSA (Free of charge)

TIME	MON 05/11	TUE 06/11	WED 07/11	THU 08/11	FRI 09/11	SAT 10/11	SUN 11/11
14.30-15.30	Group Pilates Reformer Abs & Arms @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Fit & Tone @ Reformer Studio By Darlene (Charge apply)	Group Pilates Reformer Butt & thighs @ Reformer Studio By Jana (Charge apply)
15.30-16.30		Group Fitness Activity Aqua Challenge @ Pool (depending on weather) By Marco (Free of charge)		Group Fitness Activity Aqua Challenge @ Pool (depending on weather) By Marco (Free of charge)			
16.00-17.00	Group Yoga Class Ashtanga 90 min** @ Jungle Studio By Ampinee (Charge apply)	Group Yoga Class Yin 60 min* @ Jungle Studio By Jana (Charge apply)	Group Core Suspend Abs & Arms @Functional Studio By Darlene (Charge apply)	Group Core Suspend Abs & Arms @Functional Studio By Darlene (Charge apply)	Group Yoga Class Yin 60 min* @ Jungle Studio By Jana (Charge apply)	Group Core Suspend Abs & Arms @Functional Studio By Darlene (Charge apply)	
18.00-19.30		Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class All Style Yoga 60 min*/** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Flow 60 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Hot 90 min** @ Jungle Studio By Jana (Charge apply)	Group Yoga Class Restorative Yoga 60 min* @ Jungle Studio By Jana (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.
- Limited slots available. Please contact our reception at 815 or 800 to book your spot in class in advance.
- 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**