

WEEKLY ACTIVITY CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am - 8:45 am	Morning Jog @Lobby (Age 16+ years and above)	Sunrise Yoga @Boxing Ring (Age 16+ years and above)	Beach Walk @Beach (Age 16+ years and above)	Taichi @Boxing Ring (Age 16+ years and above)	Pilates @Boxing Ring (Age 16+ years and above)	Abs workout @Boxing Ring (Age 16+ years and above)	Hit Workout @Boxing Ring (Age 16+ years and above)
10:00 am - 12:00 pm					Kids Thai Boxing @Boxing Ring (Age 6-15 years old)		Kids Yoga @Boxing Ring (Age 12-16 years old)
4:00 pm - 4:45 pm	Beach Football @Beach (Age 13-16 years old)	Thai Boxing @Boxing Ring (Age 16+ years and above)	Body Stretch @Boxing Ring (Age 16+ years and above)	Circuit Training @Boxing Ring (Age 16+ years and above)	Hit Workout @Boxing Ring (Age 16+ years and above)	Thai Boxing @Boxing Ring (Age 16+ years and above)	Circuit Training @Boxing Ring (Age 16+ years and above)
7:00 pm - 8:00pm			Kids' Movie Night @Beach (Age 4-12 years old)				



Private Class Fee

- Yoga for beginner **THB 1,500++** per person per hour.
- Muay Thai Boxing **THB 2,000++** per person per hour.
- Private Fitness Trainer **THB 1,500++** per person per hour.
- Private Taichi **THB 1,500++** per person per hour

Terms and Conditions

- One-day advance reservation is required.
- Prices are in THB and subject to 10% service charge and prevailing government tax.

For reservations and more information, please dial "4" for Anantara Spa