

WEEKLY FITNESS ACTIVITIES HIGHLIGHTS

BUY 1 GET 1 FREE



FIT BALL (FREE)

MON | 10:30 - 11:30



STRETCHING (FREE)

TUE | 08:30 - 09:30



TAI CHI (THB 500 / PAX)

WED | 10:30 - 11:30



**INTRODUCTION OF
THAI BOXING (FREE)**

THU | 10:30 - 11:30



WEIGHT TRAINING

(THB 500 / PAX)

FRI | 10:30 - 11:30



YOGA (THB 500 / PAX)

SAT | 08:30 - 09:30



PILATES ON MAT

(THB 500 / PAX)

SUN | 14:30 - 15:30

- * 4 hours advanced reservation is required.
- * All Activities for in-house guest only and service is based on first come first serve.
- * Maximum 4 pax per class for free activities.
- * For more information and reservation, Please contact "Fitness" at ext. 1969