

Wellness activities calendar (effective 24.03.19)

| Date/ time | 8.00-8.50 | 9.00-9.50 | 10.30-11.00 Wellness talks Complimentary | 14.00-14.30 Complimentary | 15.00-15.50 | 17.00-17.50 |
|--|---|---|---|--|--|--|
| Monday | Gentle morning yoga @ Yoga sala 800++/pax | Stretching & Fitball @ Fitness studio 800++/pax | Sleep and health @ HOTEL LIBRARY | Little stretch @yoga sala | Learn the basics of Thai massage (60 mins) @ Fitness studio complimentary | Vinyasa yoga @ Yoga sala 800++/pax |
| Tuesday | Gentle morning yoga @ Yoga sala 800++/pax | Dynamic breathing and Chakra meditation* with Sebastian Tapia @ Yoga sala 800++/pax | Why you have back pain @ HOTEL LIBRARY | Breathing exercise @yoga sala | Muay Thai @ Fitness studio 800++/pax | Vinyasa yoga @ Yoga sala 800++/pax |
| Wednesday | Gentle morning yoga @ Yoga sala 800++/pax | | | Little stretch @yoga sala | Pilates mat class @ Fitness studio 800++/pax | Vinyasa yoga @ Yoga sala 800++/pax |
| Thursday | Gentle morning yoga @ Yoga sala 800++/pax | | Eco-friendly living @ HOTEL LIBRARY | Breathing exercise @yoga sala | Muay Thai @ Fitness studio 800++/pax | Vinyasa yoga @ Yoga sala 800++/pax |
| Friday | Gentle morning yoga @ Yoga sala 800++/pax | HIIT workout @Fitness studio 800++/pax | ‘Tech neck’ and what you can do about it @ HOTEL LIBRARY | Lower back pain relief exercise @yoga sala | Learn the basics of Thai massage (60 mins) @ Fitness studio complimentary | Vinyasa yoga @ Yoga sala 800++/pax |
| Saturday Sunrise yoga 6.30-7.20am @Sun & Moon Complimentary | Gentle morning yoga @ Yoga sala 800++/pax | | | Breathing exercise @yoga sala | Muay Thai @ Fitness studio 800++/pax | Yin yoga – deep stretch @ Yoga sala 800++/pax |
| Sunday | Gentle morning yoga @ Yoga sala 800++/pax | | Improve your energy levels @ HOTEL LIBRARY | Little stretch @yoga sala | TRX @ Fitness studio 800++/pax | Vinyasa yoga @ Yoga sala 800++/pax |

* Sebastian’s class must be booked one day in advance.

- Venue of activities can be changed according to weather condition. **This schedule is subject to change without notice**
- 5 class pass can be purchased for 3,000++, valid for all group classes
- All rates are subject to 10% service charge and 7% government tax
- Vinyasa yoga is most suitable for those with experience practicing yoga.

Other fitness & yoga sessions

In addition to our class schedule, we offer the following sessions in order to customize and deepen your fitness or yoga practice:

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| | <p>Yoga 2,200++ for individual private session 2,800++ for couple</p> | <p>Meditation 2,800++ for individual private session 3,400++ for couple</p> | |
| <p>TRX 2,200++ for individual private session 2,800++ for couple</p> | <p>Swimming lesson for adults 2,200++ for individual private session</p> | <p>Core bag and kettlebell training 2,200++ for individual private session 2,800++ for couple</p> | <p>Muay Thai 2,200++ for individual private session 2,800++ for couple</p> |
| <p>Kayak or stand-up paddle board* 1,200++ per hour per person</p> | <p>Pelvic floor and lower abdominal strengthening* 3,200++ for individual private session *with physiotherapist</p> | <p>Tennis* 1,200++ per hour with tennis partner</p> | <p>Pilates reformer 2,200++ for individual private session 2,800++ for couple</p> |

- *Kayaks and paddle boards are available for lending, free of charge
- *Tennis court is available free of charge, booking in 1 hour slots. Tennis partner, if booked, is at basic level only
- All rates are subject to 10% service charge and 7% government tax
- To book a class or private session please visit or call the spa reception (7701) or the fitness centre (7815) between 10am-8pm
- Please book 1 day in advance for private sessions