

SALA

A C T I V E

WEEKLY CLASS SCHEDULE

TIME	08.00 - 09.00	14.00 - 15.00	16.00 - 17.00
PRICE	COMPLIMENTARY	500 BAHT	COMPLIMENTARY
MONDAY	YOGA & STRETCHING	CIRCUIT TRAINING	BICYCLE TOUR
TUESDAY	BODY WEIGHT TRAINING	HIGH INTENSITY INTERVAL TRAINING	YOGA & STRETCHING
FRIDAY	YOGA & STRETCHING	CIRCUIT TRAINING	BICYCLE TOUR
SATURDAY	BODY WEIGHT TRAINING	HIGH INTENSITY INTERVAL TRAINING	YOGA & STRETCHING
SUNDAY	YOGA & STRETCHING	CIRCUIT TRAINING	BICYCLE TOUR

PLEASE CONTACT THE SPA FOR BOOKINGS.