

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	COMPLIMENTARY	250* Baht
MONDAY	YOGA & STRETCHING	CIRCUIT TRAINING	BICYCLE TOUR
TUESDAY	YOGA & STRETCHING	HIGH INTENSITY INTERVAL TRAINING	ADVANCED YOGA
FRIDAY	YOGA & STRETCHING	BODYWEIGHT TRAINING	BICYCLE TOUR
SATURDAY	YOGA & STRETCHING	HIGH INTENSITY INTERVAL TRAINING	ADVANCED PILATES
SUNDAY	YOGA & STRETCHING	CIRCUIT TRAINING	BICYCLE TOUR

PLEASE CONTACT THE SPA FOR BOOKINGS.