



# SALA Active Programme

**TIME: 07:30 - 08:30**

## Complimentary session

Monday	:	Yoga
Wednesday	:	Yoga
Friday	:	Stretching

Private Yoga Session 60 minutes

One person THB 1,500 net

2 or more persons THB 1,000 net (per person)

24-hour advance reservations are required

Please arrive 15 minutes before classes starts

All classes will be at Sala Pavilion above the Gym

For more information: please contact [asstspa@salachoengmon.com](mailto:asstspa@salachoengmon.com)