

ACTIVITY SCHEDULE 23-29 OCTOBER 2023



TIME	MON 23/10	TUE 24/10	WED 25/10	THU 26/10	FRI 27/10	SAT 28/10	SUN 29/10
7.00-8.00		Group Fitness Beach Walk By Ice (Free of Charge) Sign up basis Minimum 2 pax		Group Fitness Beach Walk By Ice (Free of Charge) Sign up basis Minimum 2 pax		Group Fitness Beach Walk By Ice (Free of Charge) Sign up basis Minimum 2 pax	
8.00-8.30	Group Meditation @ Sun Shala By Jana (Charge apply)	Group Meditation @ Sun Shala By Jana (Charge apply)	Group Meditation @ Sun Shala By Jana (Charge apply)	Group Meditation @ Sun Shala By Tammy (Charge apply)	Group Meditation @ Sun Shala By Jana (Charge apply)	Group Meditation @ Sun Shala By Jana (Charge apply)	Group Meditation @ Sun Shala By Jana (Charge apply)
8.30-9.30	Group Yoga Class Flow** 60 min @ Sun Shala By Jana (Charge apply)	Group Yoga Class Detox Yoga* 60 min @ Sun Shala By Jana (Charge apply)	Group Yoga Class Yoga Pilates ** 60 min @ Sun Shala By Jana (Charge apply)	Group Yoga Class Detox Yoga* 60 min @ Sun Shala By Tammy (Charge apply)	Group Yoga Class Flow** 60 min @ Sun Shala By Jana (Charge apply)	Group Yoga Class Beginners Hatha* 60 min @ Sun Shala By Jana (Charge apply)	Group Yoga Class Detox Yoga* 60 min @ Sun Shala By Jana (Charge apply)
10:00-11:00	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Kevin (Charge apply)	
10:30-12:30	Shuttle Bus service to Chaweng Beach leaving hotel at 10.30 am and return at 12:30 pm please kindly make a reservation at Front Desk in advance at least 3 hours before (Max.12 pax only / First come first serve)						
13:00-14:00	Group Recreation Temple Tour <i>(Big Buddha & Plaileam)</i> (Free of Charge) Sign up Basis 1.15-2.15 pm	Free Workshop Intro to TRE@ Trauma Release with Lexi (Free of Charge) Sign up Basis 1.00-1.30 pm	Group Workshop Astrology & Palmistry By Omesh (Free of Charge) Sign up Basis	Group Workshop "No Thinking Required" <i>Living A Soul Guided Life</i> By Allen (Free of Charge) Sign up Basis	Group Recreation Temple Tour <i>(Big Buddha & Plaileam)</i> (Free of Charge) Sign up Basis 1.15-2.15 pm	Free Workshop Intro to Gong relaxation with Aurelie (Free of Charge) Sign up Basis	Group Workshop Intro to MOVINGNESS embodiment practice By Aurelie (Free of Charge) Sign up Basis
13:00-15:00	Shuttle Bus service to Choengmon Beach leaving hotel at 1.00 pm and return at 3.00 pm. Please kindly make a reservation at Front Desk in advance at least 3 hours before (Max.12pax only / First come first serve)						

TIME	MON 23/10	TUE 24/10	WED 25/10	THU 26/10	FRI 27/10	SAT 28/10	SUN 29/10
15:30-16:30	Group Pilates Reformer Essential Stretch Destress @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Kevin (Charge apply)	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Kevin (Charge apply)	
17:00-18:00	Group Fitness Core Suspend By Kevin (Max. 7 pax only) (Free of Charge) Sign up basis @ Functional Studio Minimum 2 pax		Group Recreation Cooking Demonstration 3.00-4.00 pm (Free of Charge) Sign up basis @ Love Kitchen Minimum 2 pax		Group Fitness Core Body Training By Ice (Free of Charge) Sign up basis @ Fitness Studio Minimum 2 pax		Group Fitness HIIT Workout By Ice (Free of Charge) Sign up basis @ Fitness Studio Minimum 2 pax
18.00-19:00	Group Yoga Class Hatha Yoga Stretch* 60 min* @ Jungle Studio By Jana (Charge apply) Sign up Basis	Group Yoga Class Hot Yoga 60 min** @ Jungle Studio By Jana (Charge apply) Sign up Basis	Group Yoga Class Destress Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Sign up Basis	Group Yoga Class Hot Yoga 60 min** @ Jungle Studio By Bee (Charge apply) Sign up Basis	Group Yoga Class Yin Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Sign up Basis	Group Yoga Class Hot Yoga 60 min** @ Jungle Studio By Jana (Charge apply) Sign up Basis	Group Yoga Class Restorative Yoga 60 min* @ Jungle Studio By Jana (Charge apply) Sign up Basis
19.15-20.15						Group Activity Full Moon Gong relaxation By Aurelie THB 1,500/pax Minimum 2 pax	
19:30 – 21:30	SHUTTLE BUS TO: FISHERMAN'S VILLAGE WALKING STREET (MON/WED/FRI) AT 7.30 PM AND RETURN AT 9.30 PM CHAWENG NIGHT SHUTTLE (TUE/THURS/SAT) AT 7.30 PM AND RETURN AT 9.30 PM <i>Max. 12 pax only, first come first serve!!! Please kindly make a reservation at Front Desk in advance.</i>						
Special Retail Day on Saturday Get 15% discount of all Absolute You Premium and Absolute Sanctuary Products (not valid for third party products)							
RULE & REGULATION: * ALL CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE * MINIMUM 2 PAX TO START FOR ALL PILATES REFORMER/ YOGA CLASSES/GROUP FITNESS CLASSES * ALL CLASSES ARE ON SIGN UP ONLY * GROUP PILATES REFORMER & YOGA CLASSES ARE CHARGES APPLY IF THEY ARE NOT INCLUDED IN YOUR PACKAGE.				GROUP PILATES REFORMER & CORE SUSPEND CLASSES - Socks are required for all classes. - FOUNDATION class for Pilates Reformer is compulsory for any First-Time students to understand the basics of Pilates reformer. GROUP YOGA CLASSES - Yoga classes with * are good for detoxers and beginners. - Yoga classes with ** are good for advanced students.			