

ACTIVITY SCHEDULE 18-24 MARCH 2024



TIME	MON 18/3	TUE 19/3	WED 20/3	THU 21/3	FRI 22/3	SAT 23/3	SUN 24/3
7.00-8.00	Group Fitness Beach Walk By Irene (Free of Charge) Sign up basis Minimum 2 pax	Group Fitness Beach Walk By Irene (Free of Charge) Sign up basis Minimum 2 pax		Group Fitness Beach Walk By Irene (Free of Charge) Sign up basis Minimum 2 pax	Group Fitness Beach Walk By Irene (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)	Group Pilates Reformer Progressive Abs & Arms @ 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.10 pax only / First come first serve)						
13:00-14:00	Group Workshop Reconnect with your Intuitive Body By Ampinee (Free of Charge) Sign up Basis	Group Recreation Temple Tour <i>(Big Buddha & Plaileam)</i> 1.15-2.15 pm (Free of Charge) Sign up Basis	Group Workshop Understanding Life Transitions by Stephanie (Free of Charge) Sign up Basis Minimum 2 pax	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> 1.15-2.15 pm (Free of Charge) Sign up Basis	Group Recreation Cooking Demonstration 3.00-4.00 pm (Free of Charge) Sign up basis @ Love Kitchen Minimum 2 pax	Group Workshop What is embodiment? by Stephanie (Free of Charge) Sign up Basis Minimum 2 pax

TIME	MON 18/3	TUE 19/3	WED 20/3	THU 21/3	FRI 22/3	SAT 23/3	SUN 24/3
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.10 pax only / First come first serve)						
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)	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Kevin (Charge apply)
17:00-18:00			Group Fitness Core Body Training By Irene (Free of Charge) Sign up basis @ Fitness Studio Minimum 2 pax			Group Fitness Aqua Fitness By Irene (Free of Charge) Sign up basis @ Swimming pool Minimum 2 pax	Group Fitness HIIT Workout By Irene (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
SPECIAL GROUP ACTIVITY	Sounds immersion by Svetlana 7.30-9.00 pm Sign up basis THB 500/pax Minimum 4 pax		An Evening of Love, Release Work, Forgiveness, and Gratitude". "With sound healing meditation". by Allen 6.30-9.30 pm Sign up basis THB 3,500/pax Minimum 4 pax			Breathwork & Ice Bath by Diego 10.00 am -12.00 pm Sign up basis THB 2,500/pax Minimum 2 pax	Yoga Nidra by Jana 07:30 -8.30 PM Sign up basis THB 1500/pax Minimum 3 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 Max. 10 pax only, first come first serve!!! Please kindly make a reservation at Front Desk in advance.						
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.			