



## WEEKLY FITNESS & HOLISTIC EXERCISE CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30 am – 10.00 am Complimentary	Thai Boxing in the Lily Pond Garden		Running with Khun Andrea (Executive Assistant Manager) - Meeting point Ocean's Edge at 7.00 am		Meditation at Anantara Spa		Yoga at Anantara Spa
4.00 pm – 5.00 pm Complimentary		Beach Volleyball (in front of Ocean's Edge)				Tennis Discovery at Tennis Court (from 4.30 pm - 5.00 pm)	
8.30 am – 9.30 am		Yoga at Anantara Spa THB 400++/person		Yoga at Anantara Spa THB 400++/person			
11.00 am – at noon			Thai Boxing in the Lily Pond Garden THB 400++/person			Thai Boxing in the Lily Pond Garden THB 400++/person	
2.00 pm - 3.00 pm				Book your 15 minute consultation with Dr. Serge (Complimentary)			
4.00 pm – 5.00 pm	Tennis for Children at Tennis Court THB 250++/child						

### Terms and Conditions:

- Advance reservation highly recommended (day before).
- Yoga sessions, please kindly bring along your Yoga mat which you will find in the closet- additional mats available on site.
- Private classes are available for Yoga (beginner and advance) and Muay Thai Boxing.
- Prices are in Thai Baht, subject to a 10% service charge and prevailing government tax.

For more information and booking enquiries, please contact our Discovery Host at the Lobby or dial 6.