

WELLNESS AND FITNESS SCHEDULE ON SEPTEMBER 2026

	SUN	MON	TUE	WED	THU	FRI	SAT
7 A.M. - 8 A.M.			¹ YOGA	² STRETCHING	³ TAI CHI	⁴ YIN YOGA	⁵ STRETCHING
5 P.M. - 6 P.M.			BOOT CAMP	NATURE TRAIL 4.30 P.M. - 6 P.M.	MUAY THAI	CIRCUIT TRAINING	MUAY THAI
7 A.M. - 8 A.M.	⁶ STRETCHING	⁷ YIN YOGA	⁸ YOGA	⁹ YOGILATES	¹⁰ MAT PILATES	¹¹ STRETCHING	¹² YOGA
5 P.M. - 6 P.M.	TAI CHI	MUAY THAI	CIRCUIT TRAINING	NATURE TRAIL 4.30 P.M. - 6 P.M.	TAI CHI	CORE-WORK	
7 A.M. - 8 A.M.	¹³	¹⁴	¹⁵	¹⁶ YIN YOGA	¹⁷ SRTETCHING	¹⁸ YOGILATES	¹⁹ YOGA
5 P.M. - 6 P.M.		REIKI INTRODUCTION * BY GM *	STRETCHING	NATURE TRAIL 4.30 P.M. - 6 P.M.	TAI CHI	BOOT CAMP	CIRCUIT TRAINING
7 A.M. - 8 A.M.	²⁰	²¹ YOGILATES	²² YIN YOGA	²³ MAT PILATES	²⁴ YOGA	²⁵ STRETCHING	²⁶ YOGA
5 P.M. - 6 P.M.		CIRCUIT TRAINING	TAI CHI	NATURE TRAIL 4.30 P.M. - 6 P.M.	CIRCUIT TRAINING	TAI CHI	MUAY THAI
7 A.M. - 8 A.M.	²⁷	²⁸ YIN YOGA	²⁹ YOGA	³⁰ STRETCHING			
5 P.M. - 6 P.M.	REIKI INTRODUCTION * BY GM *	BOOT CAMP	TAI CHI	NATURE TRAIL 4.30 P.M. - 6 P.M.			

DRESS CODE GUIDANCE FOR YOGA, TAI CHI, YOGILATES, STRETCHING, CORE-WORK.

- COMFORTABLE ACTIVEWEAR (LEGGINGS, YOGA PANTS, BREATHABLE TOPS).
- BAREFOOT OR NON-SLIP YOGA SOCKS. LIGHT LAYERS FOR WARMTH IF OUTDOORS.
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DRESS CODE GUIDANCE FOR CIRCUIT TRAINING, BOOTCAMP & NATURE TRAIL.

- ATHLETIC WEAR SUITABLE FOR MOVEMENT.
- SUPPORTIVE SNEAKERS OR TRAIL SHOES.
- 100 BAHT-CASH (ENTRANCE FEE FOR SIGHTSEEING NATURAL POOLS)

DRESS CODE GUIDANCE FOR MUAY THAI

- SPORTSWEAR (SHORTS, BREATHABLE T-SHIRT OR TANK).
- BAREFOOT OR LIGHT TRAINING SHOES.



Meet Visiting Practitioner Khun Pairoch

A Journey of Wellness Excellence

With more than 20 years of experience across Thailand and the Maldives, Khun Roch (Pairoch Petchnuan) has guided guests at world-renowned destinations such as Soneva Kiri Koh Kood, Six Senses Samui, Museflower Retreat Chiang Rai, and Soneva Fushi Maldives. Holding a Bachelor’s degree in Sport Science from Kasetsart University, he blends scientific knowledge with traditional Thai practices to create transformative fitness and wellness journeys.

Internationally Acclaimed Service

Khun Roch’s career spans roles as Wellness Instructor, Spa Manager, and Experience Manager, giving him a holistic understanding of guest needs. Known for his motivating presence and ability to inspire confidence, he combines modern fitness with Thai healing arts to deliver memorable, enriching experiences.

Experience Wellness with Khun Roch

Guests can expect sessions that go beyond workouts, each class is an experience of energy, clarity, and renewal. His guidance encourages purposeful movement, mindful breathing, and a sense of balance and vitality. His presence at Anawa is an invitation to embark on a journey of balance, vitality, and transformation.

Holistic Skills & Specializations

Service	Duration	Price
Personal Training	60 mins	1,500 Baht
Thai Boxing Exercise	60 mins	1,500 Baht
Super Stretching	60 mins	1,500 Baht
Boot Camp	60 mins	1,500 Baht
Guided Hiking	90 mins	1,500 Baht
Yoga	60 mins	1,500 Baht
Tai Chi	60 mins	1,500 Baht
Mat Pilates	60 mins	1,500 Baht
Sport Massage	60/90 mins	1,500/1,800 Baht

Prices are subject to 10% service charge and 7% vat.

Complimentary group classes are available according to the monthly schedule.

Please contact the reception at



for more information.