

# Wellness and Fitness schedule on April 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m. – 8 a.m.				1 Stretching	2 Tai chi	3 Yoga	4 Yogilates
5 p.m. – 6 p.m.				Nature trail	Muay Thai	Circuit training	Core-work
7 a.m. – 8 a.m.	5	6 Mat Pilates	7 Stretching	8 Tai chi	9 Yoga	10 Yogilates	11 Mat Pilates
5 p.m. – 6 p.m.		Boot camp	Nature trail	Muay Thai	Circuit training	Core-work	Boot camp
7 a.m. – 8 a.m.	12	13 Stretching	14 Tai chi	15 Yoga	16 Yogilates	17 Mat Pilates	18 Stretching
5 p.m. – 6 p.m.		Nature trail	Muay Thai	Circuit training	Core - work	Boot camp	Nature trail
7 a.m. – 8 a.m.	19	20 Tai chi	21 Yoga	22 Yogilates	23 Mat Pilates	24 Stretching	25 Tai chi
5 p.m. – 6 p.m.		Muay Thai	Circuit training	Core-work	Boot camp	Nature trail	Muay Thai
7 a.m. – 8 a.m.	26	27 Yoga	28 Yogilates	29 Mat Pilates	30 Stretching		
5 p.m. – 6 p.m.		Circuit training	Core-work	Boot camp	Nature trail		

<p><b>Dress Code Guidance</b> Yoga, Tai Chi, Yogilates, Stretching, Core-work.</p> <ul style="list-style-type: none"> <li>• Comfortable activewear (leggings, yoga pants, breathable tops).</li> <li>• Barefoot or non-slip yoga socks. Light layers for warmth if outdoors.</li> <li>• Light layers for warmth if outdoors.</li> </ul>	<p><b>Bootcamp &amp; Nature Trail.</b></p> <ul style="list-style-type: none"> <li>• Athletic wear suitable for movement.</li> <li>• Supportive sneakers or trail shoes.</li> <li>• 100 Baht-cash (entrance fee for sightseeing natural pools)</li> </ul>	<p><b>Muay Thai</b></p> <ul style="list-style-type: none"> <li>• Sportswear (shorts, breathable T-shirt or tank).</li> <li>• Barefoot or light training shoes.</li> </ul>
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