

WELLNESS AND FITNESS SCHEDULE ON AUGUST 2026

	SUN	MON	TUE	WED	THU	FRI	SAT
7 A.M. - 8 A.M.							1 YOGA
5 P.M. - 6 P.M.							BOOT CAMP
7 A.M. - 8 A.M.	2	3 STRETCHING	4 TAI CHI	5 YIN YOGA	6 YOGILATES	7 YOGA	8 STRETCHING
5 P.M. - 6 P.M.		NATURE TRAIL 4.30 P.M. - 6 P.M.	MUAY THAI	CIRCUIT TRAINING	CORE-WORK	BOOT CAMP	TAI CHI
7 A.M. - 8 A.M.	9	10 YIN YOGA	11 YOGA	12 YOGILATES	13 MAT PILATES	14 STRETCHING	15 YOGA
5 P.M. - 6 P.M.		MUAY THAI	CIRCUIT TRAINING	NATURE TRAIL 4.30 P.M. - 6 P.M.	BOOT CAMP	CORE-WORK	MUAY THAI
7 A.M. - 8 A.M.	16	17 YOGA	18 YOGILATES	19 YIN YOGA	20 SRTECHING	21 YOGILATES	22 YOGA
5 P.M. - 6 P.M.		CIRCUIT TRAINING	CORE-WORK	NATURE TRAIL 4.30 P.M. - 6 P.M.	TAI CHI	BOOT CAMP	CIRCUIT TRAINING
7 A.M. - 8 A.M.	23	24 YOGILATES	25 YIN YOGA	26 MAT PILATES	27 YOGA	28 STRETCHING	29 YOGA
5 P.M. - 6 P.M.		CIRCUIT TRAINING	TAI CHI	NATURE TRAIL 4.30 P.M. - 6 P.M.	BOOT CAMP	TAI CHI	MUAY THAI
7 A.M. - 8 A.M.	30	31 YIN YOGA					
5 P.M. - 6 P.M.		BOOT CAMP					

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.