

# Wellness and Fitness schedule on March 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m. - 8 a.m.	1	2 Nature trail	3 Stretching	4 Tai chi	5 Yoga for beginner	6 Yogilates	7 Mat Pilates
5 p.m. - 6 p.m.		Muay Thai (Thai Boxing)	Functional training	CrossFit	Circuit training	Muay Thai (Thai Boxing)	Boot camp
7 a.m. - 8 a.m.	8	9 Vinyasa flow	10 Stretching	11 Tai chi	12 Yoga for beginner	13 Yogilates	14 Mat Pilates
5 p.m. - 6 p.m.		Natural trail (4.30 p.m. - 6 p.m.)	Muay Thai (Thai Boxing)	Functional training	CrossFit	Circuit training	Muay Thai (Thai Boxing)
7 a.m. - 8 a.m.	15	16 Nature trail	17 Stretching	18 Tai chi	19 Yogilates	20 Vinyasa flow	21 Mat Pilates
5 p.m. - 6 p.m.		Functional training	Circuit training	CrossFit	Boot camp	Core - Work	Muay Thai (Thai Boxing)
7 a.m. - 8 a.m.	22	23 Nature trail	24 Stretching	25	26	27	28 Yogilates
5 p.m. - 6 p.m.		Functional training	Core - Work				Boot camp
7 a.m. - 8 a.m.	29 Tai chi	30 Mat Pilates	31 Yoga for beginner				
5 p.m. - 6 p.m.	CrossFit	Circuit training	Functional training				

- Dress Code Guidance** 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.

- Bootcamp & Nature Trail**
- Athletic wear suitable for movement.
  - Supportive sneakers or trail shoes.
  - 100 Baht-cash (entrance fee for sightseeing natural pools)

- Muay Thai**
- Sportswear (shorts, breathable T-shirt or tank).
  - Barefoot or light training shoes.