

WELLNESS AND FITNESS SCHEDULE ON JUNE 2026

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

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.