

FEBRUARY 2026

COMPLIMENTARY WELLNESS ACTIVITY GROUP SESSIONS

Venue; Artisan Sala

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
07:00-08:00	01	02 Tai Chi	03 Yoga	04 Bootcamp	05 Core-work	06 Tai Chi	07 MuayThai
17:00-18:00		Yogilates	Stretching	Nature trail	MuayThai	Yoga	Yogilates
07:00-08:00	08	09 Nature trail	10 Yoga	11 Tai Chi	12 Yoga	13 Core-work	14 Tai Chi
17:00-18:00		Stretching	Bootcamp	Yogilates	Stretching	MuayThai	Yoga
07:00-08:00	15	16 Bootcamp	17 Yoga	18 MuayThai	19 Tai Chi	20 Nature trail	21 Tai Chi
17:00-18:00		Nature trail (16.30-18.00)	Stretching	Yogilates	Yoga	Stretching	Yogilates
07:00-08:00	22	23 Core-work	24 Bootcamp	25 Tai Chi	26 Yoga	27 MuayThai	28 Core-work
17:00-18:00		MuayThai	Nature trail (16.30-18.00)	Yoga	Stretching	Yogilates	Stretching

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 and caves)

Muay Thai

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

Private classes are available on request and are chargeable.

Book your class at

