

Activity Schedule 7 – 13 April 2025

Time	Mon 7/4	Tue 8/4	Wed 9/4	Thu 10/4	Fri 11/4	Sat 12/4	Sun 13/4
7.00- 8.00		Free Group Fitness Beach Walk By Irene			Free Group Fitness Beach Walk By Irene		
8.00- 8.30	Group Meditation @ Jungle Studio By Jana	Group Meditation @ Sun Shala By Jana	Group Meditation @ Sun Shala By Jana	Group Meditation @ Sun Shala By Tammy	Group Meditation @ Sun Shala By Jana	Group Meditation @ Sun Shala By Jana	Group Meditation @ Sun Shala By Jana
8.30- 9.30	Group Yoga Class Flow** @ Jungle Studio By Jana	Group Yoga Class Detox Yoga* @ Sun Shala By Jana	Group Yoga Class Yoga Pilates** @ Sun Shala By Jana	Group Yoga Class Detox Yoga* @ Sun Shala By Tammy	Group Yoga Class Flow** @ Sun Shala By Jana	Group Yoga Class Beginners Hatha* @ Sun Shala By Jana	Group Yoga Class Detox Yoga* @ Sun Shala By Jana
10:00- 11:00	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Fit & Tone @ Reformer Studio By Kevin	Group Pilates Reformer Progressive Abs & Arms @ Reformer Studio By Kevin
10:30- 12:30	<p>Shuttle Bus service to Chaweng Beach leaves the hotel at 10.30 hrs. and returns at 12:30 hrs. Please reserve your seat at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)</p>						
Group Recreations & Workshops	Group Recreation Temple Tour Big Buddha & Plaileam 13.15 - 14.15 hrs.	Group Workshop TRE® Tension & Trauma Release Information Talk By Laxi @ Jungle Studio 13.00 - 13.30 hrs	Group Workshop Aromatic Candle By Kevin Sangare @ Chill lounge 13.00 - 14.00 hrs THB 1,500/pax	Group Workshop No Thinking Required Living A Soul Guided Life By Allen @ Jungle Studio 13.00 - 14.00 hrs	Group Workshop What is Holistic Healing ? By Stephanie @ Chill lounge 13.00 - 14.00 hrs.	Group Recreation Cooking Demonstration @ Love Kitchen 14.30 – 15.30 hrs.	Group Recreation Temple Tour Big Buddha & Plaileam 13.15 - 14.15 hrs.
13:00- 15:00	<p>Shuttle Bus service to Choengmon Beach leaves the hotel at 13.00 hrs. and returns at 15:00 hrs. Please reserve your seat at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)</p>						

Time	Mon 7/4	Tue 8/4	Wed 9/4	Thu 10/4	Fri 11/4	Sat 12/4	Sun 13/4
15:30- 16:30	Group Pilates Reformer Essential Stretch Destress @ Reformer Studio By Kevin	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Kevin	Group Pilates Reformer Essential Abs & Arms @ Reformer Studio By Kevin	Group Pilates Reformer Essential Butt & thighs @ Reformer Studio By Kevin	Group Pilates Reformer Essential Fit & Tone @ Reformer Studio By Kevin
17:00- 18:00	Free Group Fitness Core Body Training By Irene @ Fitness Studio		Free Group Fitness Mobility Training* By Irene @ Fitness Studio	Free Group Fitness Circuit Training** By Irene @ Fitness Studio		Free Group Fitness Aqua Fitness* By Irene @ Swimming pool	Free Group Fitness HIIT Workout** By Irene @ Fitness Studio
18.00- 19:00	Group Yoga Class Hatha Yoga Stretch* @ Jungle Studio By Jana	Group Yoga Class Hot Yoga ** @ Jungle Studio By Jana	Group Yoga Class Destress Yoga* @ Jungle Studio By Jana	Group Yoga Class Hot Yoga ** @ Jungle Studio By Jana	Group Yoga Class Yin Yoga* @ Jungle Studio By Jana	Group Yoga Class Hot Yoga ** @ Jungle Studio By Jana	Group Yoga Class Restorative Yoga* @ Jungle Studio By Jana
SPECIAL GROUP ACTIVITIES			An Evening Of Yohti <i>Sound Healing & guided meditation</i> By Allen @ Jungle Studio 19.00-21.00 hrs. THB 3,500/pax		Yoga Nidra By Jana @ Jungle Studio 19.30 – 20.30 hrs. THB 1,500/pax	Breathwork Ice Bath By Diego @ Sun Shala 10.00 -12.00 hrs. THB 2,500/pax	

Shuttle Bus service
Monday / Wednesday / Friday, to Fisherman's Village Walking Street, leaving the hotel at 19.30 hrs and returning at 21.30 hrs.
Tuesday / Thursday / Saturday, to Chaweng Night Market, leaving the hotel at 19.30 hrs and returning at 21.30 hrs.
Please reserve a spot at Front Desk in advance at least 3 hours prior. (Maximum 10 guests only / First come first serve basis)

Special Retail Day on Saturday - Get 15% discount of all Absolute You Premium and Absolute Sanctuary Products (not valid for third party products)

RULES & REGULATIONS
- ALL CLASS SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
- MINIMUM 2 GUESTS TO START FOR **GROUP PILATES REFORMER CLASSES/ GROUP YOGA CLASSES/ GROUP FITNESS/GROUP RECREATIONS(COOKING DEMONSTRATION)/ BREATHWORK & ICE BATH BY DIEGO/GROUP WORKSHOP ("TRE" BY LAXI)/ AROMATIC CANDLE BY KEVIN**
- MINIMUM 3 GUESTS TO START FOR **YOGA NIDRA BY JANA/ AN EVENING OF YOHTI BY ALLEN/ DISCOVER THE TRANSFORMATIVE POWER OF INTUITIVE EXPRESSIVE HEALING THERAPY BY ANIKO**
- ALL GROUP CLASSES ARE ON SIGN UP ONLY BASIS
- CHARGES APPLY FOR GROUP PILATES REFORMER & YOGA CLASSES IF THEY ARE NOT INCLUDED IN YOUR PACKAGE

GROUP PILATES REFORMER CLASSES
- SOCKS ARE REQUIRED FOR ALL CLASSES
- FOUNDATION CLASS FOR PILATES REFORMER IS COMPULSORY FOR ANY FIRST-TIMER TO UNDERSTAND THE BASICS OF PILATES REFORMER AND HOW TO USE THE MACHINE FOR YOUR OWN SAFETY
GROUP YOGA CLASSES
- YOGA CLASSES WITH * ARE SUITABLE FOR DETOXERS AND BEGINNERS
- YOGA CLASSES WITH ** ARE SUITABLE FOR ADVANCED STUDENTS