



Venue Activities	Time	Friday	Saturday	Sunday
BEACHFRONT LAWN	7:00am – 8:00am		Sunrise Yoga	Sunrise Yoga
AVANIFIT	10:00am – 11:00am	Core / Abs	Zumba Dance	Fit Ball Fun
AVANIFIT	2:00pm – 3:00pm	Muay Thai		
POOL 2	4:30pm – 5:00pm	Aqua Aerobic	Aqua Aerobic	

- Badminton available at the beach lawn daily:
 Monday Friday from 10:00am 7:00pm
 Saturday Sunday from 7:00am 7:00pm
- Table tennis available at Aqua daily:Monday Sunday from 7:00am 6:00pm
- Private Yoga session 1 hour is available on request. (THB 500nett per person)
 1-day advance reservation is highly recommended.

Schedule may change without prior notice.

For more information and reservations, please contact AVANISPA or dial "3202"

