

# AVANIFIT

## Weekly Activities

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00–08:50 Morning at Beach	Beach Jogging	Oceanfront Body Burn	Sun & Sand Yoga	Seaside HIIT	Abs & Core	Balance & Stretch	Bootcamp Burn
10:00–10:30 Workout at AvniFit	TRX Force	Core Crush	Flexibility with Blocks	Functional Fit	Circuit Workout	Strap & Stretch	Combat Dance
13:00–13:50 Thai Boxing ( Max. 4 Pax.)	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person	Thai Boxing 600 THB/Person
14:00–14:30 Workout at AvniFit	Power Lift Circuit	Dynamic Stretch	Balance Boost	Flex & Foam Flow	Power Pulse HIIT	Lower Body Burn	Upper Workout
15:00–15:50 Climbing Wall	Rock Climbing	Rock Climbing	Rock Climbing	Rock Climbing	Rock Climbing	Rock Climbing	Rock Climbing
17:00–17:50 Beach Activities	Sand Soccer	Sunset Pétanque	Sunset Yoga	Beach Workout	Power Band Burn	Hotel Track Jog	Sunset Pétanque

Remark:

AvaniFit is open 24 Hr.

- Kindly note, if guests do not show up within 15 minutes from the starting time, the reservations will be automatically cancelled.
- Outdoor activities are weather dependent and may be cancelled due to poor conditions.
- Private lessons are available upon request and will be charged individually with subject to 10% service charge and 7% government tax.
- Advanced reservation are required for all activities.

For more information or reservations, please call '5951' to our AvaniFit Team.