

08:00-09:00
Yoga Journey
Beach Lawn

10:00 - 11:00
Training Focus
AVANI**STRONG**
13:00 - 14:00
Muay Thai
AVANIFIT

14:00 - 15:00
Fitness Training
AVANIFIT

15:00 - 16:00
Climbing Experience
Climbing Wall

16:00-17:00
Active Challenge
17:00 - 18:00
Padel Ball
AVANI**PADEL**
Monday

Hatha Yoga

Dynamic
Movement

Full Body
Burn

Pétanque
Games

Tuesday

Flow Yoga

Endurance
Training

HIIT Training

Speed
Climbing Race

Wednesday

Core Yoga

Functional
Strength

Speed
& Agility

Basketball
Beat the Clock

Thursday

Stretch Yoga

Active
Mobility

**Muay Thai
Boxing
Class**

Abs Attack

**Rock
Climbing**

Tegball
Game

**Learn to
Play
Padel**
Friday

Power Yoga

Balance
& Stability

THB 600 per person

Pilates

Climb &
Grip Training &
Vertical Challenge

StrongX
Challenge

THB 600 per person

Saturday

Balance Yoga

Agility
Training

TRX Workout

Sunset Golf

Sunday

Gentle Yoga

Flexibility
Flow

Functional
Circuit

Beach Football
Penalty

Remarks

- AvaniFit is open 24 Hr.
- If guests do not arrive within 15 minutes of the start time, their reservations will be automatically cancelled.
- Outdoor activities are weather-dependent and may be cancelled in case of poor weather.

- Private lessons are available upon request and are subject to a 10% service charge and 7% government tax.
- Advanced reservation are required for all activities.
- For more information or to make a reservation, please contact our AvaniFit team at '5951' or the Guest Service Center at '0', available 24 hours.