

	08:00-09:00 BEACH MOVE & FLOW	10:00-11:00 FUNCTIONAL BURN	13:00-14:00 THAI BOXING CLASS	14:00-15:00 FUN ZONE ARCADE	15:00-16:00 CLIMBING TIME	16:00-17:00 AFTERNOON FIT	17:00-18:00 SUNSET CARDIO	18:00-19:00 SUNSET SAND GAMES
MON	MORNING ENERGY YOGA	TRX FORCE	THAI BOXING CLASS 600 THB PER PERSON	MINI FOOTBALL SPIN & SCORE	OUTDOOR ROCK CLIMBING IN CASE OF RAIN, MOVE TO INDOOR CLIMBING	POWER LIFT CIRCUIT	SUNSET BEACH JOGGING	BEACH VOLLEYBALL
TUE	FLOW STRETCH	CORE CRUSH		PING PONG TOURNAMENT		BALANCE CONTROL	BEACH PILATES	BEACH TEQBALL
WED	INNER PEACE YOGA	BOOTY & LEG BURN		MINI BASKETBALL FAST SHOT		DYNAMIC STRETCH	BEACH AEROBICS	BEACH FOOTBALL
THU	BREATHE & BALANCE	FUNCTIONAL FIT		AIR HOCKEY MATCH		HIIT WORKOUT	BEACH BOOTH CAMP	BEACH TEQBALL
FRI	YOGA BLOCKS	CIRCUIT TRAINING		SHUFFLEBOARD SLIDE CHALLENGE		LOWER BODY BURN	BALANCE & STRETCH	BEACH FOOTBALL
SAT	GENTLE FLOW YOGA	BAND FORCE		POOL COMPETITION		UPPER WORKOUT	SEASIDE HIIT	BEACH VOLLEYBALL
SUN	PILATES	CARDIO COMBAT		DART GAME		POWER STRETCH	SUNSET YOGA	BEACH FOOTBALL

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.