

AVANIFIT

Complimentary Weekly Activities

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00–08:50	Morning Yoga @ Beach	Beach Body Workout @ Beach	Bike Tour @AvaniFit (Max. 5 Pax.)	Bike Tour @AvaniFit (Max. 5 Pax.)	Yoga Flow @ Beach	Bike Tour @AvaniFit (Max. 5 Pax.)	Morning Yoga @Beach
10:00–10:50	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit
13:00–13:50	Thai Boxing @AvaniFit (Max. 4 Pax.)	Full Body Weight Training @AvaniFit (Max. 4 Pax.)	Thai Boxing @AvaniFit (Max. 4 Pax.)	TRX @AvaniFit (Max. 4 Pax.)	Thai Boxing @AvaniFit (Max. 4 Pax.)	Circuit Training @AvaniFit (Max. 4 Pax.)	Thai Boxing @AvaniFit (Max. 4 Pax.)
15:00–15.30	Full Body Workout @AvaniFit	Body Balance @AvaniFit	HIIT Exercise @AvaniFit	Aero Boxing @AvaniFit	Stretch & Form Roller @AvaniFit	Core Abs Workout @AvaniFit	HIIT Exercise @AvaniFit
16:00–17:00	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall	Rock Climbing @Climbing wall

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.