

AVANIFIT

Weekly Activities

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00–08:50	Beach Jogging @Beach	Pilates @Beach	Morning Yoga @Beach	Tai – Chi @Beach	Beach Jogging @Beach	Morning Yoga @Beach	Pilates @Beach
10:00–10:30	Resistance Band Workout @AvaniFit	HIIT Exercise @AvaniFit	Stretch & Foam Roller @AvaniFit	Functional Training @AvaniFit	HIIT Exercise @AvaniFit	Core Abs Workout @AvaniFit	Body Balance @AvaniFit
13:00–13:50	Thai Boxing @AvaniFit (Max. 4 Pax.) 400 THB/Person	Full Body Weight Training @AvaniFit (Max. 4 Pax.)	Thai Boxing @AvaniFit (Max. 4 Pax.) 400 THB/Person	TRX Training @AvaniFit (Max. 4 Pax.)	Thai Boxing @AvaniFit (Max. 4 Pax.) 400 THB/Person	Thai Boxing @AvaniFit (Max. 4 Pax.) 400 THB/Person	Circuit Training @AvaniFit (Max. 4 Pax.)
14:00–14:50	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit	Indoor Climbing @AvaniFit
15:00–15:50	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
17:00–17:50	Beach Volleyball @Beach	Sunset Yoga @Beach	Beach Soccer @Beach	Jogging with Circuit Station Track @AvaniFit	Sunset Yoga @Beach	Beach Volleyball @Beach	Beach Soccer @Beach

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.