

1st – 31st DECEMBER 2022 PROGRAMME

WEEKLY ACTIVITIES

AVANIFIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Morning Stretching @Anantara Beach lawn Max. 8 people	Sunrise Yoga @Anantara Beach Lawn Max. 8 people	Full Body Workout (30 Min) @Anantara Beach Lawn Max 8 people	Resort Jogging (30 mins) @Anantara GYM	Sunrise Yoga @Anantara Beach lawn Max. 8 people	Full Body Workout (30 Min) @Anantara Beach Lawn Max. 8 people	Sunrise Yoga @Anantara Beach lawn Max. 8 people
10 AM	Pilates Mat @Anantara GYM Studio	HIIT Workout @Anantara GYM Studio	Pilates Mat @Anantara GYM Studio	Body Firming @Anantara GYM Studio	Circuit Training @Anantara GYM Studio	Pilates Mat @Anantara GYM Studio	Cardio Workout (30 mins) @Anantara GYM Studio
11 PM	Thai Boxing THB 500++ @ Anantara Boxing Ring	TRX Workout THB 300++ @Anantara GYM Studio	Thai Boxing THB 500++ @ Anantara Boxing Ring	TRX Workout THB 300++ @Anantara GYM Studio	Thai Boxing THB 500++ @ Anantara Boxing Ring	TRX Workout THB 300++ @Anantara GYM Studio	Thai Boxing THB 500++ @ Anantara Boxing Ring
2 PM	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall	Rock Climbing @Avani Climbing Wall
4 PM	Aqua Tai Chi (30 mins.) @AVANI Pool	Aqua Aerobics (30 mins.) @AVANI Pool	Aqua Tai Chi (30 mins.) @AVANI Pool	Aqua Aerobics (30 mins.) @AVANI Pool	Bike Tour @Avani Climbing Wall Max. 8 people (500++)	Aqua Tai Chi (30 mins.) @AVANI Pool	Aqua Aerobics (30 mins.) @AVANI Pool
5 PM	Sunset Yoga @Anantara Beach Lawn Max. 8 people	Social beach Volleyball @Anantara Beach Lawn	Stretching Class @Anantara Beach Lawn Max. 8 people	Sunset Yoga @Anantara Beach Lawn Max. 8 people		Stretching Class @Anantara Beach Lawn Max. 8 people	Beach Bootcamp @Anantara Beach Lawn Max. 8 people
7 PM			Family Movie Night @AVANI Pool			Family Movie Night @AVANI Pool	

Remark:

For more information or reservations, please call '0' to our recreation team.

Gym is opened from 6.00 am – 8.00 pm

Water Sport activities opened from 9.00 am – 5.00 pm

Kindly note, if guests do not show up within 15 minutes from the starting time, the reservations will be automatically canceled.

* Outdoor activities are weather dependent and may be change to conduct in studio or cancelled due to poor conditions

* Private lessons are available upon requested and will be charged individually with subject to 10% service charge and 7% government tax.