

# JOIN AVANIFIT

## DAILY ACTIVITY



| DATE<br>TIME              | MON   | TUE  | WED  | THU   | FRI  | SAT  | SUN   |
|---------------------------|---|--|--|---|--|--|---|
| 7:00 AM<br>-<br>7:45 AM   |   |  | Aqua Yoga<br>@ Pool  | Morning<br>Glow Yoga<br>@ Beach   | Morning<br>Walk<br>@ Lobby<br>(Meeting Point)              |  |   |
| 8:00 AM<br>-<br>8:45 AM   | Morning<br>Glow Yoga<br>@ Gym   | Bodyweight<br>Workout<br>@ Gym                             |  |   |  | Hatha Yoga<br>@ Gym  | Bodyweight<br>Workout<br>@ Gym  |
| 11:00 AM<br>-<br>11:45 AM | Pilates<br>for Beginners<br>@ Gym   | Thai Boxing<br>for Beginners<br>@ Gym                      | Pilates<br>for Beginners<br>@ Gym                          | Thai Boxing<br>for Beginners<br>@ Gym   | Hatha Yoga<br>@ Gym  | Thai Boxing<br>for Beginners<br>@ Gym                      | Thai Boxing<br>for Beginners<br>@ Gym   |
| 2:00 PM<br>-<br>3:30 PM   | Arts & Crafts @ Lobby   |  |  |   |  |  |   |
| 4:00 PM<br>-<br>5:00 PM   | Private Thai Boxing<br>@ Gym (THB 600++)<br>Maximum 3 people<br>(first-come,<br>first-served basis) | Ice Bath<br>Challenge<br>@ Beach<br>(THB 600++ per person) | Bike Tour<br>to Temple 10 km<br>@ Lobby<br>(Meeting Point) | Private Thai Boxing<br>@ Gym (THB 600++)<br>Maximum 3 people<br>(first-come,<br>first-served basis) | Bike Tour<br>to Temple 10 km<br>@ Lobby<br>(Meeting Point) | Ice Bath<br>Challenge<br>@ Beach<br>(THB 600++ per person) | Private Yoga<br>@ Lobby (Meeting Point)<br>THB 600++<br>Maximum 3 people<br>(first-come,<br>first-served basis) |
| 7:00 PM                   |   |  |  | CineVani<br>Movie Night<br>@ Beach  |  |  | CineVani<br>Movie Night<br>@ Beach  |

- Our daily activities may be canceled without prior notice due to insufficient participants or adverse weather conditions.
- All activities are advance reservation required
- Private classes for Yoga, Pilates, Stretching, and Thai Boxing are available upon request. Charges apply.
- Sport shoes are required for all sports activities.
- Please note that some activities may not be suitable for individuals with heart conditions or during pregnancy.
- Movie night will be relocated to the lobby in case of rain for guest comfort and safety

AVAILABLE DAILY MONDAY - SUNDAY

