

COMPLIMENTARY WELLNESS SCHEDULE ACTIVITIES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07.30 - 08.30 AM	Surya namaskar by Khun Foam (Max 15 guests)	Vinyasa Yoga by Khun Foam (Max 15 guests)	Surya namaskar by Khun Foam/Joe (Max 15 guests)	Hatha Yoga by Khun Foam (Max 15 guests)	Mindful stretching by Khun Joe/Kob (Max 15 guests)	Mindful stretching by Khun Joe/Kob (Max 15 guests)	Yoga in the Park by Khun Foam (Max 15 guests)
02.00 - 03.00 PM	Boxing by Khun Ole (Max 2 guests)	Body Burn by Khun Kob/Ole (Max 5 guests)	Mindful stretching by Khun Joe/Foam (Max 15 guests)	Mindful stretching by Khun Joe/Foam (Max 15 guests)	Body Burn by Khun Kob/Joe (Max 5 guests)	Body Burn by Khun Joe/Kob (Max 5 guests)	Boxing by Khun Ole (Max 2 guests)

AT The SUKHOTHAI SPA

- 1. **Surya Namaskar** - Sequence of yoga poses that warms up the body and connects breath with movement and increase flexibility. (All levels)
- 2. **Hatha yoga** - Basic poses to improve strength and balance. (Beginner)
- 3. **Vinyasa yoga** - Fluid movements to build strength and endurance. (Intermediate)
- 5. **Mindful stretching** - uses the combination of body, breath and mind with dynamic and static movement (All levels)

AT THE HEALTH CLUB (CLUB WING)

- 1. **Body burn** - Calories burning, functional training with movement will make you sweat and improve your cardiovascular fitness (All levels)
- 2. **Boxing class** - heavy focus on body conditioning includes combat sport conditioning, running, shadow boxing, rope jumping, body weight and resistance exercise (Beginner)
- 1. **Yoga in the park** - Outdoor practice to connect with nature and reduce stress. (All levels)

Prices :

1. Hotel Guest and Member are welcome to enjoy unlimited access to Wellness Activities. **First come first serve.**
2. Outside guest are welcome to participate per class at THB 580 excluding locker usage. Additional locker and the use of HC and heating facilities are at THB 600. With additional Salt-Water-Pool usage at THB 1,000
3. Outside guest are welcome to participate unlimited class at THB 1,250 including locker usage includes the use of HC and heating facilities and Salt-Water-Pool