



WEEKLY ACTIVITIES



MON

Table Tennis Free 08:30-09:30	Fit Ball Free 10:30-11:30	Thai Language Class Free 13:00-14:00	Body Balance Free 14:30-15:30	Stretching Free 16:30-17:30
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TUES

Stretching Free 08:30-09:30	Thai Massage Class Free 10:30-11:30	Body Balance Free 13:00-14:00	Thai Language Class Free 14:30-15:30	Table Tennis Free 16:30-17:30
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WED

Yoga THB 500 / pax 08:30-09:30	Tai Chi THB 500 / pax 10:30-11:30	Pilates on Mat THB 500 / pax 13:00-14:00	Cardio Workout Free 14:30-15:30	Weight Training THB 500 / pax 16:30-17:30
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THU

Yoga THB 500 / pax 08:30-09:30	Introduction of Thai Boxing Free 10:30-11:30	Circuit Class THB 500 / pax 13:00-14:00	Cross Fit THB 500 / pax 14:30-15:30	Thai Boxing THB 800 / pax 16:30-17:30
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FRI

Tai Chi THB 500 / pax 08:30-09:30	Weight Training THB 500 / pax 10:30-11:30	Thai Boxing THB 800 / pax 13:00-14:00	Yoga THB 500 / pax 14:30-15:30	Fit Ball Free 16:30-17:30
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SAT

Yoga THB 500 / pax 08:30-09:30	Thai Boxing THB 800 / pax 10:30-11:30	Weight Training THB 500 / pax 13:00-14:00	Body Balance Free 14:30-15:30	Circuit Class THB 500 / pax 16:30-17:30
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SUN

Yoga THB 500 / pax 08:30-09:30	Cross Fit THB 500 / pax 10:30-11:30	Cardio Workout Free 13:00-14:00	Pilates on Mat THB 500 / pax 14:30-15:30	Thai Boxing THB 800 / pax 16:30-17:30
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* 4 hours advanced reservation is required.
* Maximum 4 pax/class for free activities.

* All Activities for in-house guest only and service is based on first come first serve.
* For more information and reservation, please contact "Ryn Spa" or "Fitness" at ext. 1969