



CHIVA-SOM WEEKLY RESORT ACTIVITIES July 26 - August 1, 2010

Date	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	Saturday 31st	Sunday 1st
Breakfast 7:00 a.m. - 10:00 a.m.							
7:00	Tai Chi Chuan with Surachai Yoga Pavilion	Tai Chi Chuan with Surachai Yoga Pavilion	Beach Boot Camp with Chaoyong Meet at the Beach Gate(Need sport shoes)	Tai Chi Chuan with Nakorn Yoga Pavilion	Meditation with Chinese Harp with Danchai Yoga Pavilion	Beach Boot Camp with Chaoyong Meet at the Beach Gate(Need sport shoes)	Tai Chi Chuan with Nakorn Yoga Pavilion
8:00	Flow Yoga with Preeda Yoga Pavilion	Hatha Yoga with Sandeep Yoga Pavilion	Nada Sadhana with Sandeep Yoga Pavilion	Partner Yoga with Anusit Yoga Pavilion	Hatha Yoga with Sandeep Yoga Pavilion	Nada Sadhana with Sandeep Yoga Pavilion	Yoga for Life with Anusit Yoga Pavilion
9:00	Stretch Class with Decha at Yoga Pavilion	Stretch Class with Nittaya Yoga Pavilion	Stretch Class with Anusit at Yoga Pavilion	Stretch Class with Whanaree at Yoga Pavilion	Stretch Class with Nittaya Yoga Pavilion	Stretch Class with Choopong Yoga Pavilion	Stretch Class with Mongkol Yoga Pavilion
	Market Tour and Spa Cuisine Cooking Class 9:30 a.m. - 2:00 p.m. (3,000++THB/PP) Max. 7 People Book at H & W Reception		Market Tour and Spa Cuisine Cooking Class 9:30 a.m. - 2:00 p.m. (3,000++THB/PP) Max. 7 People Book at H & W Reception	Organic Garden Tour 9:00 a.m. - 10:30 a.m. Maximum 9 People Book at Guest Relations Desk			
10:00	Gyrokinesis with Thanapol Yoga Pavilion	Fitball Class with Anusit Dance Studio (Need sport shoes)	Pilates on Mat with Mongkol Dance Studio	Fitball & Free Weight with Mongkol Dance Studio (Need sport shoes)	Pilates on Mat with Preeda Dance Studio	Metabolic Breathing Exercise with Chonticha Yoga Pavilion	Abs & Back Workout with Decha Dance Studio (Need sport shoes)
11:00	Aqua Aerobics with Noodle with Kitti Bathing Pavilion	Aqua Aerobics with Handboub with Mongkol Bathing Pavilion	Aqua Aerobics Level 1 with Whanaree Bathing Pavilion	Aqua Aerobics Level 2 with Choopong Bathing Pavilion	Aqua Aerobics with Noodle with Nakorn Bathing Pavilion	Aqua Aerobics with Handboub with Decha Bathing Pavilion	Aqua Box with Choopong Bathing Pavilion
12:00	Cardio Kick with Mongkol Dance Studio (Need sport shoes)	Step Aerobics with Kitti Dance Studio (Need sport shoes)	3 in 1 Aerobics with Choopong Dance Studio (Need sport shoes)	Low Impact Aerobics with Nittaya Dance Studio (Need sport shoes)	Step Aerobics with Choopong Dance Studio (Need sport shoes)	3 in 1 Aerobics with Kitti Dance Studio (Need sport shoes)	Watsu Class Demonstration with Terry, Nittaya Bathing Pavilion
	Spa Cuisine Cooking Class 12:00 p.m. - 2:00 p.m. (2,500++THB/PP) Max. 7 People Book at H & W Reception		Spa Cuisine Cooking Class 12:00 p.m. - 2:00 p.m. (2,500++THB/PP) Max. 7 People Book at H & W Reception	Lunch and Learn 12:00 p.m. - 1:30 p.m. (1,500++THB/PP) Max. 7 People Book at H & W Reception			
Lunch 12:00 p.m. - 2:00 p.m.							
2:00		Fruit Carving Class 1:30 p.m. - 2:30 p.m. Arts & Crafts Room					
3:00	Group Kinesis Exercises with Anusit, Choopong in Kinesis Room (1,200++THB/PP) Max. 4 People Book at H & W Reception (Need sport shoes)	Pilates on the Reformer with Jinnapat, Decha in Dance Studio (2,000++THB/PP) Max. 5 People Book at H & W Reception	Ai Chi with Nuttawan Bathing Pavilion	Pilates on the Reformer with Surachai, Jinnapat in Dance Studio (2,000++THB/PP) Max. 5 People Book at H & W Reception	Group Kinesis Exercises with Surachai, Mongkol in Kinesis Room (1,200++THB/PP) Max. 4 People Book at H & W Reception (Need sport shoes)	Pilates on the Reformer with Jinnapat, Nittaya in Dance Studio (2,000++THB/PP) Max. 5 People Book at H & W Reception	Thai Boxing Class (30 Minutes) with Kitti, Sakda Yoga Pavilion (Need sport shoes)
4:00	Gyrokinesis with Namthip Dance Studio	Total Body Rolling Maximum 6 People with Sasikan in Dance Studio Book at H & W Reception	Qi Dinamic Meditation with Danchai Yoga Pavilion	Body Awareness with Thanapol Dance Studio	Hand and Foot Waker Maximum 6 People with Chonticha in Dance Studio Book at H & W Reception	Vinyasa Flow with Anusit Yoga Pavilion	Toning Ball Class with Thanapol Dance Studio
5:00	Beach Power Walk with Sakda Meet at the Beach Gate (Need sport shoes)	Golf Bio Mechanics with Terry Dance Studio (Need sport shoes)	Abs, Butts & Thighs with Jinnapat Dance Studio (Need Sport shoes)	Neurobic Exercise with Ketsada Meet at Guest Relation Desk	Fitball Class with Decha Dance Studio (Need Sport shoes)	Fascial Dance with Ketsada Dance Studio	Fitball Class with Jinnapat Dance Studio (Need Sport shoes)
6:00	Abs Express 30 minutes with Nittaya Dance Studio	Abs & Back Workout with Nakorn Dance Studio (Need sport shoes)	Mocktail Gathering Boutique Offering & Natural Food 6:30 - 7:30 p.m. Front of the Boutique	Stretch Class with Kitti Dance Studio	Abs, Butts & Thighs with Kitti Dance Studio (Need Sport shoes)	Abs Express 30 minutes with Sakda Dance Studio	Physical Balance with Kitti Dance Studio
Dinner 7:00 p.m. - 9:00 p.m.							
8:30						B.B.Q. 7:00 p.m. Taste of Siam	Optimum Health through Personalised Programme with Dr. Somboon 8:30 p.m. - 9:00 p.m. Meet at Guest Relation Desk

** Remark: Please check in to the class no later than 15 minutes.