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|------------------------------|---|---|--|--|--|-------------------------------|--|
| 7.00                         | <div>HIIT</div> <div>Dance Studio</div> <div></div>                     | <div>TAI CHI</div> <div>Yoga Pavilion</div> <div></div>   | <div>3 IN 1</div> <div>Dance Studio</div> <div></div>       | <div>TAI CHI</div> <div>Yoga Pavilion</div> <div></div>  |  |                               |  |
| 8.00                         | <div>HATHA YOGA</div> <div>Yoga Pavilion</div> <div></div>  | <div>VINYASA YOGA</div> <div>Yoga Pavilion</div> <div></div>  | <div>GENTLE YOGA</div> <div>Yoga Pavilion</div> <div></div>  | <div>HATHA YOGA</div> <div>Yoga Pavilion</div> <div></div>   |  |                               |  |
| 9.00                         | <div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>              | <div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>  | <div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>   | <div>STRETCHING</div> <div>Yoga Pavilion</div> <div></div>   |  |                               |  |
| 10.00                        | <div>PILATES MAT</div> <div>Dance Studio</div> <div></div>  | <div>ABS, BUTTOCKS &amp; THIGHS</div> <div>Dance Studio</div> <div></div>  | <div>BALLAST BALL</div> <div>Dance Studio</div> <div></div> | <div>METAFIT</div> <div>Dance Studio</div> <div></div>   |  |                               |  |
| 11.00                        | <div>AQUA HAND BUOYS</div> <div>Bathing Pavilion</div> <div></div>      | <div>AQUA BOX</div> <div>Bathing Pavilion</div> <div></div>   | <div>AQUA NOODLE</div> <div>Bathing Pavilion</div> <div></div>   | <div>AQUA HAND BUOYS</div> <div>Bathing Pavilion</div> <div></div>   |  |                               |  |
| 14.00                        |   | <div>PILATES REFORMER</div> <div>Pilates Studio</div> <div>2,000++ THB per person</div> <div></div> |  |  |  |                               |  |
| 14.00                        | <div>FRUIT &amp; VEGETABLE CARVING</div> <div>Library</div> <div></div> |   |  |  |  |                               |  |
| 15.00                        | <div>STICK MOBILITY</div> <div>Dance Studio</div> <div></div>       | <div>CIRCUIT TRAINING</div> <div>Dance Studio</div> <div></div>                                | <div>INTRODUCTION TO PILATES</div> <div>Dance Studio</div> <div></div>  | <div>GENTLE YOGA</div> <div>Dance Studio</div> <div></div>   |  |                               |  |
| 16.00                        | <div>BETTER SLEEP CLASS</div> <div>Dance Studio</div> <div></div>   | <div>GYROKINESIS</div> <div>Dance Studio</div> <div></div>  | <div>NEURODYNAMIC EXERCISE</div> <div>Dance Studio</div> <div></div>   | <div>NEUROMUSCULAR EXERCISE</div> <div>Dance Studio</div> <div></div> |  |                               |  |
| 16.00                        |   |   |  |  |  |                               |  |
| 17.00                        | <div>YOGA – NIDRA (MEDITATION)</div> <div>Dance Studio</div> <div></div>   | <div>PRANAYAMA</div> <div>Dance Studio</div> <div></div>   | <div>MYO COMPRESSION</div> <div>Dance Studio</div> <div></div>   | <div>ABS EXPRESS 25 MINS</div> <div>Dance Studio</div> <div></div>   |  |                               |  |

