

FITNESS AND WELLNESS ACTIVITIES

Activity Reservations

Please reserve at least one day in advance to join our activities. Activities will only run if booked, and walk-ins cannot be guaranteed. All activities are subject to weather conditions. For outdoor sessions, please wear suitable attire and bring water and sunscreen.

Activities marked with ** carry an additional charge.

Reserve via the Handigo App or Jungle’s Book Kids Club. For assistance, call “5401” or “5100”.

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME							
8 AM Wellness Program (45 mins)	MAT PILATES (Fitness Center)	BEGINNER YOGA (Essence Lawn)	MAT PILATES (Fitness Center)	STRETCHING (Essence Lawn)	RELAXING YOGA (Essence Lawn)	MAT PILATES (Fitness Center)	TAI-CHI (Essence Lawn)
9.30 AM Adult Thai Boxing 13 years old and above (1 hour)	BASIC THAI BOXING** 550 THB/person (Fitness Center)	BASIC THAI BOXING** 550 THB/person (Fitness Center)	BASIC THAI BOXING** 550 THB/person (Fitness Center)	HANDMADE BAG PAINTING** 550 THB/person (In front of Fitness)	BATIK PAINTING** 390 THB/person (In front of Fitness)	BASIC THAI BOXING** 550 THB/person (Fitness Center)	BASIC THAI BOXING** 550 THB/person (Fitness Center)
1.30 PM Fitness Workout (30 mins)	CARDIO WORKOUT (Fitness Center)	BOOT CAMP (Fitness Center)	FULL BODY WORKOUT (Fitness Center)	AEROBIC DANCE (Fitness Center)	FITNESS DANCE (Fitness Center)	BODYWEIGHT WORKOUT (Fitness Center)	HITT (Fitness Center)
3 PM Kids Boxing 6 years old and above (45 mins)	KIDS THAI BOXING** 450 THB/PERSON (Fitness Center)	KIDS THAI BOXING** 450 THB/PERSON (Fitness Center)	KIDS THAI BOXING** 450 THB/PERSON (Fitness Center)	UMBRELLA PAINTING** 350 THB/person (In front of Fitness)	CANVAS PAINTING** 300 THB/person (In front of Fitness)	KIDS THAI BOXING** 450 THB/PERSON (Fitness Center)	KIDS THAI BOXING** 450 THB/PERSON (Fitness Center)
5 PM Energy Booth (30 mins)	AQUA AEROBIC (Main Pool)	FAMILY YOGA (Essence Lawn)	AQUA DANCE (Main Pool)	AQUA YOGA (Main Pool)	AQUA AEROBIC (Main Pool)	FAMILY YOGA (Essence Lawn)	AQUA WORKOUT (Main Pool)