

	08:00-08:50 MINDFULNESS CLASS	10:00-10:50 FUNCTIONAL CLASS	13:00-13:50 THAI BOXING CLASS	14:00-14:50 GAME ZONE CHALLENGE	15:00-15:50 CLIMBING TIME	17:00-17:50 WORKOUT CLASS
MONDAY	MORNING ENERGY YOGA	TRX FORCE	THAI BOXING CLASS 400 THB PER PERSON	MINI FOOTBALL SPIN & SCORE	OUTDOOR ROCK CLIMBING WILL MOVE INDOORS IN CASE OF RAIN	POWER LIFT
TUESDAY	FLOW STRETCH	CORE CRUSH		PING PONG TOURNAMENT		CIRCUIT BALANCE CONTROL
WEDNESDAY	INNER PEACE YOGA	BOOTY & LEG BURN		MINI BASKETBALL FAST SHOT		DYNAMIC STRETCH
THURSDAY	BREATHE & BALANCE	FUNCTIONAL FIT		AIR HOCKEY MATCH		HIIT WORKOUT
FRIDAY	YOGA BLOCKS	CIRCUIT TRAINING		SHUFFLEBOARD SLIDE CHALLENGE		LOWER BODY BURN
SATURDAY	GENTLE FLOW YOGA	BAND FORCE		POOL COMPETITION		UPPER WORKOUT
SUNDAY	TAI-CHI	CARDIO COMBAT		DART GAME		POWER STRETCH

Remarks

- AvaniFit is open 24 Hr.
- If guests do not arrive within 15 minutes of the start time, their reservations will be automatically cancelled.
- Outdoor activities are weather-dependent and may be cancelled in case of poor weather.

- Private lessons are available upon request and are subject to a 10% service charge and 7% government tax.
- Advanced reservation are required for all activities.
- For more information or reservations, please call '5951' to our AvaniFit Team.