



INIALA



INIALA
ACTIVITY
SCHEDULE

2019

DAY
TIME

SUN

MON

TUE

WED

THU

FRI

SAT

09:00 10:00	Beach Boot Camp	Fisherman Village Bike Ride	Beach Yoga	Mind & Body	Crossfit	Beach Boot Camp	Yogilates
13:00 14:00	Pilates Mat	Stretching Class	Thai Boxing Class	Aquathlon	Thai Boxing Class	Stretching Class	Biathlon
17:00 18:00	Circuit Training	Beach Volleyball	Circuit Training	Sunset Bike Ride	Vinyasa Flow Yoga	Sunset Bike Ride	Thai Boxing Class

Additional Personal Training and Private Class @ 3,000 ++ Baht Per Hour