

Elevate your wellbeing with exclusive sessions led by our visiting practitioners.

MON	Slow Flow 8am - 9am	
WED	AquaFit 11.30AM - 12.30PM	
FRI	Hatha Yoga 8AM - 9AM	
SAT	AquaFit 11.30AM - 12.30PM	

Please meet in hotel lobby 10-minutes prior to class

FOR RESERVATIONS, DIAL '0' FROM IN-ROOM PHONE, VISIT MAIN RECEPTION

Outside guests are welcome at THB 500++ per class.

For a more tailored wellness journey, private classes are available with our visiting practitioners at THB 1,500++

- * Advanced reservations are required
 * Suitable for all levels aged 14 years old and above (except AquaFit)
 * For AquaFit children under the age of 8 accompanied by adult
 * Maximum 10 guests per session on first come first served basis
 * Times of classes are subject to change without prior notice and are weather permitting
 * Terms and conditions apply. Prices only in Thai Baht and subject to 10% service charge and 7% government taxes

