



			<i>Price</i>	<i>Private Class</i>
Monday	7-8am	Morning Jogging	Complimentary	
	9-10am	Low Impact Aerobics	THB 500	THB 1,000
	11am-12pm	Yoga	THB 1,000	THB 1,500
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	2-3pm	Weights Training Circuit	THB 500	THB 1,000
	3-4pm	Stretching	THB 500	THB 1,000
Tuesday	4-5pm	Step Circuit Aerobics	THB 500	THB 1,000
	7-8am	Morning Jogging	Complimentary	
	9-10am	Low Impact Aerobics	THB 500	THB 1,000
	11am-12pm	Yoga Sun Salutations	THB 800	THB 1,500
	1-2pm	Thai Massage Lessons	THB 800	
	2-3pm	Weights Training Circuit	THB 500	THB 1,000
Wednesday	3-4pm	Basic Yoga	THB 500	THB 1,500
	4-5pm	Abdominal	THB 500	THB 1,000
	11am-12pm	Yoga	THB 1,000	THB 1,500
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	2-3pm	Lotus Flower Folding	THB 350	
	3-4pm	Stretching	THB 500	THB 1,000
Thursday	4-5pm	Easy Thai Language	Complimentary	
	11am-12pm	Basic Yoga	THB 500	THB 1,500
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	3-4pm	Thai Boxing Lessons	THB 800	THB 1,500
Friday	4-5pm	Thai Chess	Complimentary	
	11am-12pm	Step Circuit Aerobics	THB 500	THB 1,000
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	2-3pm	Weights Training Circuit	THB 500	THB 1,000
	3-4pm	Low Impact Aerobics	THB 500	THB 1,000
Saturday	4-5pm	Abdominal	THB 500	THB 1,000
	11am-12pm	Step Circuit Aerobics	THB 500	THB 1,000
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	2-3pm	Weights Training Circuit	THB 500	THB 1,000
	3-4pm	Low Impact Aerobics	THB 500	THB 1,000
Sunday	4-5pm	Abdominal	THB 500	THB 1,000
	4-5pm	Easy Thai Language	Complimentary	
	7-8am	Morning Jogging	Complimentary	
	9-10am	Low Impact Aerobics	THB 500	THB 1,000
	11am-12pm	Yoga Sun Salutations	THB 800	THB 1,500
	1-2pm	Batik/Doll/T-Shirt Painting	THB 800	
	2-3pm	Weights Training Circuit	THB 500	THB 1,000
	3-4pm	Thai Boxing Lessons	THB 800	THB 1,500
	4-5pm	Step Circuit Aerobics	THB 500	THB 1,000

Please reserve classes at least 2 hours in advance at Palm Spa or direct with Fitness Instructor – Cancellations should be given no less than 1 hour before class – No-shows will be charged full price – Private classes are available – Please arrive 10 minutes before class – All prices are subject to service charge and applicable government tax.



Twinpalms Phuket

Phuket's Most Exciting & Stylish Contemporary Resort

106/46 Moo 3, Surin Beach Road, Cherng Talay, Phuket 83110, Thailand

t +66 (0) 76 316500, f +66 (0) 76 316599

e book@twinpalms-phuket.com, w twinpalms-phuket.com