

Activity Schedule

June 8th - June 14th 2009

| | Monday 8 th | Tuesday 9 th | Wednesday 10 th | Thursday 11 th | Friday 12 th | Saturday 13 th | Sunday 14 th |
|-------------|--|--|--|---|---|--|---------------------------------------|
| 7:00 | | Yoga * Meditation Sala | Yoga * Meditation Sala | Yoga * Meditation Sala | Everyday Breathing Meditation Sala | | Water Exercise Meditation Sala |
| 10:00 | Naka Bike Tour # Pool Hut | Naka Bike Tour # Pool Hut | | Introduction to Kinesis # with Johnny Owen Gym ∞ | Introduction to Kinesis # with Johnny Owen Gym ∞ | Naka Bike Tour # Pool Hut | Core Strength & Stability Gym ∞ |
| 11:30 | Circuit Conditioning Gym ∞ | | Naka Kayak Tour # Pool Hut | | | TBB Workout Gym ∞ | |
| 14:00 | | Core Strength & Stability Gym ∞ | Rue-si Dat Ton # Thai Massage School | Circuit Conditioning with Johnny Owen Gym ∞ | Naka Bike Tour # Pool Hut | | Everyday Breathing Meditation Sala |
| 15:00 | Spa Tour Reception | Spa Tour Reception | Spa Tour Reception | Spa Tour Reception | Spa Tour Reception | Spa Tour Reception | Spa Tour Reception |
| 15:30 | Introduction Thai Boxing # Meditation Sala | | Cooking Class ## Cuisine Cave | Oriental Awareness Training Meditation Sala | | Introduction Thai Boxing # Meditation Sala | Cooking Class ## Cuisine Cave |
| 16:00 | Chi Nei Tsang # Thai Massage School | Eco Trail Pool Hut | | Eco Trail Pool Hut | | Rue-si Dat Ton # Thai Massage School | Circuit Conditioning Gym ∞ |
| 17:00 | Everyday Breathing Meditation Sala | | Insights into Wellness "Wellness Wheel" Library | | Super Stretch Gym ∞ | | |
| 19:30-21:00 | | Talker's Table with Management Tonsai Restaurant | | | | Talker's Table with Management Tonsai Restaurant | |

If required, any class may be booked as a private session, which will incur an additional fee.

Limited spaces - please sign up in advance by calling the Seventh Sense Reception Ext. 661 or 662

Please arrive on time for all activities - for safety reasons guest are asked not to enter classes more than 15-minutes after class commencement.

∞ Individual users are welcome to do private exercise at the this time - please note however the gym will be in use for a group class