

## SOFT OPENING PROGRAMME

Our current soft initial opening times (green cells) are in Table 1.0 below in the presence of Ron our Health and Fitness expert and Gym Manager

**Table 1.0 Initial Soft Opening Times – April 2 to 30, 2018**

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07.00-11.00	Book	Open	Book	Open	Book	Book	Book
11.00-15.00	Book	Book	Book	Book	Book	Book	Book
15.00-19.00	Group class A - 16.00	Book	Group class B-16.00	Book	Group class C-16.00	Book	Book
19.00-21.00	Book	Book	Book	Book	Book	Book	Book

Scheduled group classes are as follows and are mixed ability - THB 500 per class  
 A – Bootcamp, circuit training    B – Functional Training    C – Movement and Stretch  
 Private, personal training and class bookings, marked in Yellow cells, can be booked via your Villa Manager or via Gym Manager thru Whatsapp - +66 87 474 7747

### Soft Opening - Gym Usage Costs – April and May 2018

Membership Type	Duration/Expiry	Cost (THB)
Day	Green Slots	1,000
Week	7 Days	5,000
Month	30 Days	15,000

Those buying memberships, or pre paid villa guests, may attend scheduled classes for Free, with drop ins available for THB 500 (no showers on site). All payable to gym manager

Personal training and group session can be booked as follows – THB 2500/hour Packages available.

Nutrition	Kettlebell	Body Shaping	Weight Loss
Rehabilitation	X-fit	SUP-PT	Yoga
Strength and Conditioning	Strength and Power Lifting	Youth Sports and Training	Boxing