

# MOVE WELL ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:30 A.M.</b> RUN WESTIN • Meet@Lobby	<b>7:30 A.M.</b> YOGA INTRODUCTION • 45 minutes • Meet@Lobby	<b>7:30 A.M.</b> BIRD TOUR • Maximum 4 persons • Meet@Lobby	<b>7:30 A.M.</b> PILATES • 45 minutes • Meet@Lobby	<b>7:30 A.M.</b> BIRD TOUR • Maximum 4 persons • Meet@Lobby	<b>7:30 A.M.</b> RUN WESTIN • Meet@Lobby	<b>7:30 A.M.</b> YOGA INTRODUCTION • 45 minutes • Meet@Lobby
<b>9:30 A.M.</b> AQUACISE • 45 minutes • Meet@Horizon	<b>9:30 A.M.</b> BEACH BOXING • Maximum 8 persons • Meet@Westin Beach	<b>9:30 A.M.</b> AQUACISE • 45 minutes • Meet@Horizon Pool	<b>9:30 A.M.</b> BEACH EXERCISE • Meet@Westin Beach	<b>9:30 A.M.</b> AQUACISE • 45 minutes • Meet@Horizon Pool	<b>9:30 A.M.</b> BEACH BOXING • Maximum 8 persons • Meet@Westin Beach	<b>9:30 A.M.</b> AQUACISE • 45 minutes • Meet@Horizon Pool
<b>2:00 P.M.</b> BODY WEIGHT WORKOUT • Meet@Lobby	<b>2:00 P.M.</b> ALL LEVEL ABDOMINAL & BODY STRETCHING • 45 minutes • Meet@Lobby	<b>2:00 P.M.</b> BODY WEIGHT WORKOUT • Meet@Lobby	<b>2:00 P.M.</b> TABATA WORKOUT • 45 minutes • Meet@Lobby	<b>2:00 P.M.</b> ALL LEVEL ABDOMINAL & BODY STRETCHING • 45 minutes • Meet@Lobby	<b>2:00 P.M.</b> BODY WEIGHT WORKOUT • Meet@Lobby	<b>2:00 P.M.</b> TABATA WORKOUT • 45 minutes • Meet@Lobby
<b>3:00 P.M.</b> *THAI BOXING FOR BEGINNER • 45 minutes • Meet@Lobby	<b>3:00 P.M.</b> FITBALL EXERCISE • 45 minutes • Meet@Lobby	<b>3:00 P.M.</b> *ADVENTURE KAYAK TOUR • Meet@Westin Beach	<b>3:00 P.M.</b> *THAI BOXING FOR BEGINNER • 45 minutes • Meet@Lobby	<b>3:00 P.M.</b> *ADVENTURE KAYAK TOUR • Meet@Westin Beach	<b>3:00 P.M.</b> FITBALL EXERCISE • 45 minutes • Meet@Lobby	<b>3:00 P.M.</b> *THAI BOXING FOR BEGINNER • 45 minutes • Meet@Lobby
<b>4:00 P.M.</b> *WESTIN BIKE TOUR • Maximum 5 persons • Meet@Lobby	<b>4:30 P.M.</b> BIRD TOUR • Maximum 4 persons • Meet@Lobby	<b>4:00 P.M.</b>  • Meet@Lobby	<b>4:00 P.M.</b> *WESTIN BIKE TOUR • Maximum 5 persons • Meet@Lobby	<b>4:00 P.M.</b>  • Meet@Lobby	<b>4:30 P.M.</b> BIRD TOUR • Maximum 4 persons • Meet@Lobby	<b>4:00 P.M.</b> *WESTIN BIKE TOUR • Maximum 5 persons • Meet@Lobby

## TERMS & CONDITIONS

- Bike lending sessions are available free of charge for two hours.
- Kayak and Paddle Board are available free of charge for one hour.
- Activities are subject to availability.
- Activities are suitable for most fitness levels.
- For your safety, the availability of water sports is subject to tide and weather conditions.

To make a reservation or for any further assistance, dial "0" for Service Express.

- Bookings must be made 24 hours in advance.

Chargeable Activity

- \* Thai Boxing: Private Class - THB 500 net per person
- \* Westin Bike Tour: THB 300 net per person
- \* Adventure Kayak Tour: THB 300 net per person