

Activity Schedule

SAMPLE

	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st	Saturday 1 st	Sunday 2 nd
7:00	Core Strength & Stability Gym ∞	Tai Chi* Meditation Sala	Yoga * Meditation Sala	Beach Stair Workout Pool Hut	Naka Kayak Tour # Pool Hut	Water Exercise Pool	Introduction to Kinesis Gym ∞
10:00	Culture Walk Pool Hut		Introduction to Thai Boxing # Meditation Sala ∞			Insights into Wellness 'Understanding Iridology' Library	Mat Roller Workout** Meditation Sala
11:30		Circuit Conditioning Gym ∞		Introduction to Kinesis Gym ∞	Circuit Conditioning Gym ∞	Body Balance Meditation Sala	
14:00	TBB Workout Gym ∞		Super Stretch Meditation Sala	Fit Ball Flex # Gym ∞			Naka Bike Tour # Pool Hut
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		Fit Ball Flex # Gym ∞	Cooking Class ## Cuisine Cave		Super Stretch Gym ∞	Culture Walk Pool Hut	Cooking Class ## Cuisine Cave
16:00	Yoga * Meditation Sala	Naka Kayak Tour # Pool Hut	Naka Bike Tour # Pool Hut	Mat Pilates* Meditation Sala	Introduction to Thai Boxing # Meditation Sala ∞		Rue-Si Dat Ton Thai Massage School
17:00	Insights into Wellness 'Hypnotherapy' with Orapin Soon Library		'Functional Training' Meditation Sala	Introduction to the Sensory Garden Reception	Insights into Wellness 'Mind Awareness ' with Orapin Soon Library	Tai Chi* Meditation Sala	
18:00 - 19:00	Sunset Hour Dining at the Point		Sunset Hour Dining at the Point		Sunset Hour Dining at the Point		
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 7th Sense Reception Ext. 661 or 662

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

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

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Beach Stair Workout

Incorporating the use of the stair platform at our Tonsai Tree, this beach workout calls for those who like a strong cardiovascular workout that engages both upper and lower muscle groups.

Body Balance

Easy to follow movement that combines the practices of Taichi, Yoga and Pilates. Promotes body strengthening, conditioning, flexibility and balance.

Circuit Conditioning

An intensive and integrated workout, mixing cardio fitness with body sculpting and strength training.

Cooking Class *** (3,000 Baht)

Learn to create 'Six Senses Destination Spa' cuisine at home; cooking principles, recipes and expert insights with our skilled chefs.

Core Strength and Stability

Exercise your body's core, strengthening abdominal and back muscles to improve posture and balance.

Culture Walk

Experience Naka from a different perspective, take a walking tour through the local village and expand your understanding of the island.

Fit Ball Flex

A class using our Fit Balls to increase flexibility, range of motion and to reduce muscle tension. Advice is given for correct postural alignment and poise.

Introduction to Kinesis

Introducing the 'Kinesis' method, its principles and concepts; a postural approach to fitness, helping develop lean body mass.

Power Walk

Take in the beauty of Naka Yai and make walking an integral part of your life

Introduction to Thai Boxing

A high energy introduction to the ancient art of Muay Thai (Thai Boxing). Learn and perform basic sequences for a great workout.

Insights into Wellness

A lecture, presentation or talk with one of our in-house experts; giving you insights into their areas of expertise and offering guidance for your evolution to Wellness.

Introduction to the Sensory Garden

Learn to use this facility - the "Labyrinths" for meditation and reflection, the "Stone Pies" for communication and the "Upward Path" for insights. All while feeling the positive effects walking on reflexology stones.

Mat Roller Workout

A mat workout using specialized equipment to isolate and balance your functional core areas.

Naka Bike Tour

A low to medium intensity tour of the village and forests of Naka Island. For guests with experience in basic mountain biking.

Naka Kayak Tour

A low intensity exploration of the coastal waters around Naka Island; explorations will depend on sea and weather conditions.

Pilates - Mat

A floor-based Pilates workout using specialized techniques to increase core strength, stamina and body alignment

Rue-si Dat Ton

These artistic exercise postures are traditional in Thai culture and aid in curing various ailments.

Super Stretch

Increase flexibility, help reduce muscle pain and build core strength by reinventing your stretch routine.

Talker's Table with Management

Members of our management team will join the talker's table at Tonsai Restaurant for the evening meal. Resort insights guaranteed!

Tai Chi

Practices originating in Asia that combine low-impact physical movements, meditation; very helpful for stress release. Designed to achieve a physical and mental balance.

TBB Workout

Tighten, tone and strengthen your legs, buttocks and lower back while building lean muscle and burning calories.

Water Exercise

A low impact water-based class that is individually adaptable, enjoyable, safe and effective.

Sunset Hour

A chance to meet new friends or simply enjoy the view over Phang Nga Bay. Early evening mocktails, organic wines and raw cuisine snacks are available at this time.

Yoga

Focus on precise alignment and posture to strengthen your body muscle, increase flexibility and align your breathing for a safe and effective practice.

*	BEGINNER
**	INTERMEDIATE
***	ADVANCED
	GENERAL

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