FITNESS CLASS

ELEVATE YOUR MIND, BODY, AND SPIRIT WITH OUR ENERGIZING FITNESS AND CALMING YOGA CLASSES

“Take care of your body. It’s the only place you have to live.”

– Jim Rohn

FITNESS CLASSES

Dynamic fitness classes designed for all levels, combining strength, cardio, and flexibility to help you achieve your health goals. Whether you’re looking to tone, build endurance, or simply stay active, our expert trainers will guide you through fun and effective workouts tailored to your needs.

YOGA TRAINING

1st Person (per hour)
3,750 THB
Group Class (2 to 8 persons)
4,300 THB

TRAINING SESSION (FITNESS/CARDIO)

1st person

BOXING TRAINING

1st person (per hour)
3,300 THB
Succeeding Persons (per hour)
900 THB

5,150 THB
Group class (2-8 persons)
5,300 THB

PILATES (NO MACHINES)

1st person
3,750 THB
Group class (2-8 persons)
4,300 THB

SWIMMING LESSONS

30 Minutes
1,300 THB
For babies and kids, not for adults

** Rates are subject to change without prior notice and may vary depending on the number of participants, player level, and type of training.*

POLICIES:

- All services must be booked one day in advance. The availability of each service may be different.
- We require 48 hours cancellation notice prior to your requested delivery time, or the full charge will be applied.
- We require the payment in full once the order has been confirmed.
- Full payment will be applied to your bill once the service has started.
- We will return 70% of the cost of yoga and Muay Thai if the cancellation notice is received more than 48 hours in advance.
- We reserve the right to change the published rates and these terms and conditions at any time without prior notice.



THE LUXURY
SIGNATURE