

# Devarana Wellness Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 to 09:50	 CocoVida Pool Aqua Board Active	 CocoVida Pool Aqua Board Flow	 BREEZE Events Qigong	 CocoVida Pool Aqua Board Fitness	 BREEZE Events Tai Chi	 Cocovida Pool Aqua Board Strength	 BREEZE Events Yoga
10:00 to 10:50	 Wellness Studio Sound Meditation	 CocoVida Pool Aqua Fit	 CocoVida Pool Aqua Aerobic	 CocoVida Pool Aqua Fit	 Wellness Studio Sound Meditation	 CocoVida Pool Aqua Aerobic	 CocoVida Pool Aqua Fit
 4-9 15:00 to 15:30	 Kids Club Kids Aerobic <small>NO RESERVATION REQUIRED</small>	 Kids Club Mandala for Kids <small>NO RESERVATION REQUIRED</small>	 Kids Club Yoga for Kids <small>NO RESERVATION REQUIRED</small>	 Kids Club Meditation for Kids <small>NO RESERVATION REQUIRED</small>	 Kids Club Mandala Colouring for Kids <small>NO RESERVATION REQUIRED</small>	 Kids Club Yoga for Kids <small>NO RESERVATION REQUIRED</small>	 Kids Club Stretching & Abs for Kids <small>NO RESERVATION REQUIRED</small>
 10+ 16:00 to 16:50	 CocoVida Lawn Ultimate Frisbee <small>NO RESERVATION REQUIRED</small>	 CocoVida Lawn Dunk Tank <small>NO RESERVATION REQUIRED</small>	 Devarana Fitness Bouldering <small>NO RESERVATION REQUIRED</small>	 Kids Club FAMILY GET-TOGETHER <small>NO RESERVATION REQUIRED</small>	 CocoVida Lawn "Kubb" - Game" <small>NO RESERVATION REQUIRED</small>	 BeWell Watersport Beach Volleyball <small>NO RESERVATION REQUIRED</small>	 Devarana Fitness Bouldering <small>NO RESERVATION REQUIRED</small>
17:00 to 17:50	 Devarana Fitness Mobility Training	 Devarana Fitness Table Tennis	 BREEZE Events Mindfulness Meditation	 Devarana Fitness Power Walk	 BREEZE Events Yin Yoga	 Devarana Fitness Badminton	 BREEZE Events Nidra Yoga
18:00 to 18:50	 Devarana Fitness Pickle Ball	 Spinning Studio Spinning	 Devarana Fitness Fit-Ball Workout	 Spinning Studio Spinning	 Devarana Fitness Aero Boxing	 Devarana Fitness HIIT Training	 Spinning Studio Spinning

Advanced bookings are required for all Sessions. Sessions start on the time indicated on the schedule. Schedule may be subject to change.

Book online, visit Devarana Fitness or call "0"  
(Guest Service) to book your session.

SCAN to BOOK >>



## PRIVATE ICE-BATH



THB 350/person  
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