

## WEEKLY ACTIVITIES

29 AUGUST – 4 SEPTEMBER 2022

TIME	ACTIVITIES						
	MON 29 AUG	TUE 30 AUG	WED 31 AUG	THU 1 SEP	FRI 2 SEP	SAT 3 SEP	SUN 4 SEP
07.00 AM	★  <b>HIP OPENER</b> RAKxa GAYA	★★  <b>FITBALL</b> RAKxa GAYA	★  <b>CHAIR STRETCH</b> RAKxa GAYA	★★★  <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★★★  <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	★  <b>AQUA AICHI</b> RAKxa GAYA
10.00 AM	★★  <b>REFORMER STRETCH</b> RAKxa GAYA	★  <b>QI QONG</b> RAKxa GAYA	★★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>SINGING BOWL</b> RAKxa GAYA	★  <b>ELEMENT YOGA</b> RAKxa GAYA	★★  <b>YOGA FLOW</b> RAKxa GAYA	★★★  <b>HIIT</b> RAKxa GAYA
							
03.00 PM	★★★  <b>HIIT</b> RAKxa GAYA	★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★★★  <b>HIIT</b> RAKxa GAYA	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★  <b>CHAIR STRETCH</b> RAKxa GAYA	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA
05.00 PM	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★★  <b>AQUA AEROBIC BOXING</b> RAKxa GAYA	★★  <b>YOGA FLOW</b> RAKxa GAYA	★★  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★★  <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	★★  <b>ASHTANGA YOGA</b> RAKxa GAYA



Special Event

\*\*Instructor is subjected to change without prior notice\*\*

To avoid missing your class/activity, RAKxa JAI and RAKxa GAYA kindly ask you to be on time.  
A cancellation will be made if your arrival is delayed more than 15 minutes.

★ Light Intensity  
★★ Moderate Intensity  
★★★ High Intensity



The Pilates Reformer and Reformer Stretch class charges are as follows; Member: THB 900 per person per class, Non-Member: THB 1,200 per person per class

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## WEEKLY ACTIVITIES

5 – 11 SEPTEMBER 2022

TIME	ACTIVITIES						
	MON 5 SEP	TUE 6 SEP	WED 7 SEP	THU 8 SEP	FRI 9 SEP	SAT 10 SEP	SUN 11 SEP
07.00 AM	★ ★ ★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★ ★  <b>YOGA FLOW</b> RAKxa GAYA	★  <b>RAKxa RISE AND SHINE</b> RAKxa GAYA	★ ★ ★  <b>HIIT</b> RAKxa GAYA	★ ★ ★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA
10.00 AM	★ ★  <b>FITBALL</b> RAKxa GAYA	★ ★  <b>ASHTANGA YOGA</b> RAKxa GAYA	★  <b>CHAIR STRETCH</b> RAKxa GAYA	★  <b>QI QONG</b> RAKxa GAYA	★ ★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>SINGING BOWL</b> RAKxa GAYA	★ ★  <b>REFORMER STRETCH</b> RAKxa GAYA
							
03.00 PM	★  <b>HIP OPENER</b> RAKxa GAYA	★ ★ ★  <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	★ ★ ★  <b>HIIT</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★ ★  <b>YOGA FLOW</b> RAKxa GAYA	★ ★  <b>ASHTANGA YOGA</b> RAKxa GAYA
05.00 PM	★  <b>AQUA AICHI</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★ ★  <b>AQUA AEROBIC BOXING</b> RAKxa GAYA	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★ ★  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	★  <b>CHAIR STRETCH</b> RAKxa GAYA	★ ★  <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA



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PAID CLASS

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## WEEKLY ACTIVITIES

12 – 18 SEPTEMBER 2022

TIME	ACTIVITIES						
	MON 12 SEP	TUE 13 SEP	WED 14 SEP	THU 15 SEP	FRI 16 SEP	SAT 17 SEP	SUN 18 SEP
07.00 AM	★ ★  <b>YOGA FLOW</b> RAKxa GAYA	★ ★  <b>FITBALL</b> RAKxa GAYA	★ ★  <b>ASHTANGA YOGA</b> RAKxa GAYA	★ ★ ★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★ ★ ★  <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	★ ★  <b>YOGA FLOW</b> RAKxa GAYA
10.00 AM	★ ★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>QI QONG</b> RAKxa GAYA	★ ★ ★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★ ★  <b>YOGA FLOW</b> RAKxa GAYA	★ ★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>SINGING BOWL</b> RAKxa GAYA	★ ★  <b>PILATES REFORMER</b> RAKxa GAYA
							
							03.30-4.30 PM <b>MEETING WITH EXPERT</b> Brain exercise that help you get smarter Reading Room 
03.00 PM	★  <b>STRETCHING</b> RAKxa GAYA	★ ★ ★  <b>HIIT</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★ ★ ★  <b>HIIT</b> RAKxa GAYA	★  <b>PRANAYAMA YOGA</b> RAKxa GAYA	★ ★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★ ★  <b>FITBALL</b> RAKxa GAYA
05.00 PM	★ ★ ★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★  <b>AQUA AICHI</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★  <b>CHAIR STRETCH</b> RAKxa GAYA	★ ★  <b>FITBALL</b> RAKxa GAYA	★ ★  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	★ ★ ★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA



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## WEEKLY ACTIVITIES

19 – 25 SEPTEMBER 2022

TIME	ACTIVITIES						
	MON 19 SEP	TUE 20 SEP	WED 21 SEP	THU 22 SEP	FRI 23 SEP	SAT 24 SEP	SUN 25 SEP
07.00 AM	★  <b>MORNING YOGA</b> RAKxa GAYA	★  <b>RAKxa RISE AND SHINE</b> RAKxa GAYA	★★★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★★★  <b>HIIT</b> RAKxa GAYA	★★  <b>FITBALL</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA
10.00 AM	★★  <b>PILATES MAT FLOW</b> RAKxa GAYA	★★  <b>ASHTANGA YOGA</b> RAKxa GAYA	★★  <b>YOGA FLOW</b> RAKxa GAYA	★★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>QI QONG</b> RAKxa GAYA	★★  <b>PILATES REFORMER</b> RAKxa GAYA	★  <b>SINGING BOWL</b> RAKxa GAYA
							
03.00 PM	★★★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★★  <b>FITBALL</b> RAKxa GAYA	★  <b>ELEMENT YOGA</b> RAKxa GAYA	★  <b>PRANAYAMA YOGA</b> RAKxa GAYA	★★  <b>YOGA FLOW</b> RAKxa GAYA	★★★  <b>HIIT</b> RAKxa GAYA
05.00 PM	★★  <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	★★★  <b>HIIT</b> RAKxa GAYA	★★  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★★  <b>AQUA AEROBIC BOXING</b> RAKxa GAYA	★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★★  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA



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## WEEKLY ACTIVITIES

26 SEPTEMBER – 2 OCTOBER 2022

TIME	ACTIVITIES						
	MON 26 SEP	TUE 27 SEP	WED 28 SEP	THU 29 SEP	FRI 30 SEP	SAT 1 OCT	SUN 2 OCT
07.00 AM	★★  <b>YOGA FLOW</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★★  <b>MORNING YOGA</b> RAKxa GAYA	★★★  <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★  <b>STRETCHING</b> RAKxa GAYA	★  <b>RAKxa RISE AND SHINE</b> RAKxa GAYA
10.00 AM	★  <b>QI QONG</b> RAKxa GAYA	★★★★  <b>HIIT</b> RAKxa GAYA	★★  <b>PILATES REFORMER</b> RAKxa GAYA	★★  <b>FITBALL</b> RAKxa GAYA	★★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★★  <b>PILATES REFORMER</b> RAKxa GAYA	★★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA
							
03.00 PM	★★★★  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★★★★  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	★★★★  <b>HIIT</b> RAKxa GAYA	★  <b>ELEMENT YOGA</b> RAKxa GAYA	★★★★  <b>HIIT</b> RAKxa GAYA	★★  <b>FITBALL</b> RAKxa GAYA
05.00 PM	★★  <b>FITBALL</b> RAKxa GAYA	★★  <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	★  <b>FASCIA RELEASE</b> RAKxa GAYA	★  <b>AQUA AICHI</b> RAKxa GAYA	★★  <b>PILATES MAT FOUNDATION</b> RAKxa GAYA	★★  <b>AQUA AEROBIC BOXING</b> RAKxa GAYA	★  <b>HIP OPENER</b> RAKxa GAYA



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