

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spot Point 8:00-16:00 all Wellness Practices	Spot Point 10:15-15:00 all Wellness Practices	Spot Point 8:00-16:00 all Wellness Practices		Spot Point 8:00-16:00 all Wellness Practices		
			Taiji 09:30-11:00 Kru Tom*		Yoga Mat 09:00-10:00 Kru Ket	Meditation 09:00-10:00 Kru Oui *
			Spot Point 11:15-15:00 all Wellness Practices		Yoga Chair 10:15-11:15 Kru Patti	Body Flow 10:15-11:15 Kru Gio
					Spot Point 11:30-16:45 all Wellness Practices	Spot Point 11:30-16:45 all Wellness Practices
Yoga Mat 17:15-18:15 Kru Ket			Yoga Mat 17:15-18:15 Kru Moo	Yoga Chair 17:15-18:15 Kru Patti	Yoga FLY 17:00-18:00 Kru Fluety	
Aerial Hoop 18:30-20:00 Kru Mac	Yoga Chair 18:30-19:30 Kru Patti	Yoga FLY 18:30-19:30 Kru Yam	Aerial Hoop 18:30-20:00. Kru Mac	Aerobic Dance 18:30-19:30 Kru Bank	Spot Point 18:30-20:00 all Wellness	