

AVANIFIT

ACTIVE
AGENDA

MONDAY

7.00 p.m. – 8.00 p.m | Thai Boxing

TUESDAY

7.00 p.m. – 8.00 p.m | Basic Yoga

WEDNESDAY

3.00 p.m. – 3.30 p.m | 30-minute Full Body Workout

6.30 p.m. – 7.30 p.m | Dance Workout

THURSDAY

6.30 p.m. – 7.30 p.m | Tabata

FRIDAY

2.30 p.m. – 3.30 p.m | Dance Workout

FOR MORE
INFORMATION

T: +66(0) 2 641 1500

E: avanifit.vrat@avanihotels.com

AVANI

Ratchada Bangkok