

Activities at Kata Beach Resort & Spa
For beginner or advance lessons



Kata Beach Resort & Spa

SCHEDULE OF SPORT AND HEALTH ACTIVITY

MONDAY - TUESDAYS

TIME	ACTIVITY	REMARKS
08.30 - 09.30	Yoga	Free
10.00 - 11.00	Yoga	Private
11.00 - 12.00	Yoga	Group
14.00 - 15.00	Muay Thai	Free
15.00 - 16.00	Muay Thai	Private
16.00 - 17.00	Muay Thai	Group

WEDNESDAY - THURSDAYS

TIME	ACTIVITY	REMARKS
08.30 - 09.30	Tai Chi	Free
10.00 - 11.00	Tai Chi	Private
11.00 - 12.00	Tai Chi	Group
14.00 - 15.00	Muay Thai	Free
15.00 - 16.00	Muay Thai	Private
16.00 - 17.00	Muay Thai	Group

FRIDAY - SATURDAYS

TIME	ACTIVITY	REMARKS
08.30 - 09.30	Yoga	Free
10.00 - 11.00	Pilates	Group
11.00 - 12.00	Muay Thai	Private
14.00 - 15.00	Yoga	Private
15.00 - 16.00	Tai Chi	Free
16.00 - 17.00	Pilates	Private



Tai-chi class

Muay Thai and muayboran class (Thai Martial arts)



มวยไทย



Hatha yoga



RATES AND CONDITIONS

FREE	Free and open for Guests of all ages (children below 12 years old must be accompanied by an adult). Maximum of 30 guests per time. Basic movements.
PRIVATE	1,500 baht per person for a private lesson, 1,000 per person for 3 people or more. More learning focus. Basic to advance lessons.
GROUP	Special Group Rate of 500 baht per person, 250 baht per child (below 12 years old) Maximum of 15 guests per time. Basic to advance lessons.

Remark : If you are interested, please contact Reception.