To book a class, please contact
Tel: +66 2 080 0060 or Email: bangkok.spa@rosewoodhotels.com

WELL-BEING CLASSES

	MORNING CLASS from 9:15 am to 10:00 am
MONDAY	CIRCUIT TRAINING Location: Fitness Studio *Maximum Capacity: 4*
TUESDAY	STRETCHING CLASS Location: Fitness Studio *Maximum Capacity: 4*
WEDNESDAY	BASIC THAI BOXING Location: Fitness Studio *Maximum Capacity: 4*
THURSDAY	FULL BODY TRAINING Location: Fitness Studio *Maximum Capacity: 4*
FRIDAY	BASIC YOGA Location: Fitness Studio *Maximum Capacity: 4*
SATURDAY	CORE MUSCLE TRAINING Location: Fitness Studio *Maximum Capacity: 4*
SUNDAY	HIIT FIT FUN Location: Fitness Studio *Maximum Capacity: 4*