



# ACTIVITIES SCHEDULE ON MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7.30am - 8.00am <b>ABDOMINAL</b> (Beginner Level) Pok	7.30am - 8.00am <b>TABATA</b> (Beginner Level) Jame	7.30am - 8.30am <b>MAGIC BALL</b> (Beginner Level) Bee	
6.00pm - 7.00pm. <b>FLOW YOGA</b> (Beginner Level) Nueng	6.30pm - 7.00pm. <b>TABATA</b> (Beginner Level) Jame	6.30pm - 7.30pm. <b>AEROBIC DANCE</b> (Beginner Level) Nueng		6.30pm - 7.30pm. <b>YIN YOGA</b> (Beginner Level) Nueng
7.00pm - 7.30pm. <b>CIRCUIT TRAINING</b> (Beginner Level) Jame	7.00pm - 8.00pm. <b>MAGIC BALL</b> (Beginner Level) Bee	7.30pm - 8.30pm. <b>MUAYTHAI</b> (Beginner Level) Tee	7.00pm - 8.00pm. <b>EXERCISE ON BALL</b> (Beginner Level) Tee	7.30pm - 8.00pm. <b>AB/HIP/THIGH</b> (Beginner Level) Pok

Chatrium Residence Sathon Bangkok

291 Soi Nardhiwas Rajanagarindra 24, New Sathon Road, Bangkok 10120, Thailand

T +66 (0) 2672 0200 F +66 (0) 2672 0190 E info.crst@chatrium.com

