

PROGRAM ACTIVITIES SCHEDULE

| TIME/DAY | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|---------------------|---------------------|---------------------|----------------------|---------------------|---------------------|---------------------|
| 10.00-10.45 | HITT | Core Abs | TRX | Yoga | Body Stretching | Aqua Aerobics | Yoga |
| | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ Monaco Pool | @ The Quartz Studio |
| 16.00-16.45 | Cardio Boxing | Lower Power | Fit Ball | Body Weight Training | Circuit Training | Tabata | Aqua Aerobics |
| | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ The Quartz Studio | @ Monaco Pool |

Remark : The Schedule is subject to change due to incremental weather, Availability and others.
 All free and charges are inclusive of service charge and government taxes.
 All lessons must be reserved one day in advance, please contact any of our activity staff at Club Amethyst Ext.4
 For private classes available please contact at Club Amethyst Ext.4
 Group lesson : Maximum 6 people.

CALL : 038-222222 Ext.4
 LINE@ : @THEGEMSPATTAYA
 CLUBAMETHYST@THEGEMSPATTAYA.COM