

Wellness Healing *Retreat*

Start gently. Learn to breathe, release tension, and move with ease. Perfect for complete beginners.

Let's sea
HUA HIN
AL FRESCO RESORT

WELLNESS HEALING PROGRAM

Weekly *timetable*

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	SUNRISE	MORNING	AFTERNOON	LATE AFTERNOON
SUN	06:30 Morning Sunrise Stretching 30 min · Beach Front	09:00 Tabata 60 min · Gym	14:00 Flow Yoga 60 min · Gym	16:00 HIIT 60 min · Gym
MON	06:30 Morning Sunrise Stretching 30 min Beach Front		14:00 Advance Yoga 60 min · Gym	
TUE	06:30 Morning Sunrise Stretching 30 min Beach Front			16:00 Aqua Aerobic 45 min · Pool
WED	06:30 Morning Sunrise Stretching 30 min Beach Front	08:00 Aeroboxing 60 min · Gym	14:00 Muay Thai Fit 60 min · Gym	16:00 Aqua Aerobic 45 min · Pool
THU	06:30 Morning Sunrise Stretching 30 min Beach Front	08:00 Flow Yoga 60 min · Gym	14:00 Fitball 60 min · Gym	16:00 Muay Thai Fit 60 min · Gym
FRI	06:30 Morning Sunrise Stretching 30 min Beach Front	08:00 HIIT 60 min · Gym	14:00 The Core Abs 60 min · Gym	16:00 Aqua Aerobic 45 min · Pool
SAT	06:30 Morning Sunrise Stretching 30 min Beach Front	08:00 HIIT 60 min · Gym	14:00 The Core Abs 60 min · Gym	16:00 Aqua Aerobic 45 min · Pool

Free of charge for scheduled sessions above.
Limited capacity, on first come first serve basic
Advance reservation with your Holiday Host is required.

WELLNESS HEALING PROGRAM

SESSIONS *by the sea*

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01
MORNING SUNRISE STRETCHING
30 MIN · BEACH FRONT

Begin the day with gentle beachfront stretching as the morning light rises over the sea. Mindful movement, flexibility, mobility, and light circulation support in a peaceful coastal setting.

02
TABATA
60 MIN · GYM

A structured high-intensity interval workout using short rounds of movement and recovery. Bodyweight exercises, cardio drills, and strength-based movements for a compact full-body challenge.

03
HIIT
60 MIN · GYM

Short bursts of effort followed by measured recovery. The session alternates cardio and bodyweight work to raise the heart rate and build endurance within a compact hour.

04
MUAY THAI FIT
60 MIN · GYM

Inspired by Thailand's traditional martial art, this session turns the rhythm of Muay Thai into a guided fitness practice. Shadow work, pad drills, and conditioning build coordination, stamina, and strength.

05
FITBALL
60 MIN · GYM

A balance-led session built around the stability ball. Slow, controlled movement engages the deep core, improves posture, and supports mobility with little impact on the joints.

06
AQUA AEROBIC
45 MIN · POOL

Low-impact conditioning in the water, where natural resistance takes the place of weight. Gentle on the joints and cooling in the afternoon heat, the session suits every level.

07
FLOW YOGA
60 MIN · GYM

A guided practice of breath, posture, and stillness led by a resident master. Open to every level, the session moves gently from grounding to release.

08
THE CORE ABS
60 MIN · GYM

A focused session for the abdominals, lower back, and deep stabilising muscles. Controlled repetitions and held positions build the strength that supports posture and everyday movement.

09
AEROBOXING
60 MIN · GYM

Boxing footwork and punch combinations set to an upbeat aerobic rhythm. Jabs, hooks, and quick steps lift the heart rate, sharpen coordination, and build stamina, all in a fun session with no contact.



Private Class Your Plan

WHEN

Private session available at your preferred time

RATE

From THB 1,500 per person
Inclusive of 7% VAT and 10% service charge

RESERVE

Please contact your Holiday Host

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