

WEEKEND WARRIOR (FRI – SAT – SUN)

Pump it up at Thanyapura Health and Sports Resort. Leave the city behind and enjoy a weekend dedicated to sports, fitness and active living. Take part in one of our many group classes designed to build strength, cardio fitness and endurance, or go for a run or a bike ride in green, verdant nature. Recharge your batteries with delicious and nutritious food and enjoy a massage at our on-site wellness centre. Everything you want and need in a healthy break is right here.

Price:

THB 4,500 / person (excludes accommodation and meal)

What's included?

- 60 Minutes fitness private session x1
- Unlimited access to all Thanyapura facilities and 100+ group classes per week (subject to availability)
- Sports lifestyle locker room, plus hot and cold baths, sauna and steam room
- 20% discount on Physiotherapy treatment

Optional:

- Airport transfer service to Thanyapura (THB 600 / way)
- Bike rental service
- Nutrition consultation (THB 2,500 / hour)
- Vegan lunch buffet at DiLite restaurant (THB 390 / person)
- Variety of massage services at Thanyapura Health & Wellness Centre

Need accommodation?

Visit our website at www.thanyapura.com/booking

FOR BOOKING AND INQUIRIES

Telephone: +66 (0)7633 6000

Email: info@thanyapura.com

Website: www.thanyapura.com