

PRIVATE SESSIONS & PACKAGE

STRENGTH • BALANCE • FLOW



PRIVATE SESSIONS

Personalised one-on-one sessions tailored to your goals and pace. Enjoy focused guidance, move freely, and train in a private space designed to support and strengthen your body.



YOGA CLASS

A personalized yoga session designed to improve flexibility, balance, and inner calm. Guided by a professional instructor and tailored to your pace and experience level.

THB 1,000++per person

Additional: THB 500++ per person

For reservations, please contact our recreation team via "2816" or "0"

CHAKRA SOUND HEALING

A calming sound healing session to relax the mind and restore inner balance, guided by a professional practitioner, leading you into a state of deep relaxation.

THB 1,500++per person

Additional: THB 1,000++ per person



For reservations, please contact our recreation team via "2816" or "0"



TAI CHI CLASS

Experience the flow of Tai Chi through controlled movements, breathing techniques, and mindfulness. This session promotes relaxation, and overall well-being.

THB 1,000++per person

Additional: THB 500++ per person

FIT BALL EXERCISE

Strengthen your core, improve stability, and enhance overall body control with a fun and effective fit ball workout. A low-impact session focusing on posture, balance, and muscle engagement.

THB 1,000++ per person

Additional: THB 500++ per person



For reservations, please contact our recreation team via "2816" or "0"



THAI BOXING CLASS

An energetic session inspired by traditional Muay Thai. Build strength, endurance, and coordination while learning fundamental techniques in a safe, guided environment.

THB 1,000⁺⁺ per person

Additional: THB 500⁺⁺per person

PERSONAL TRAINER

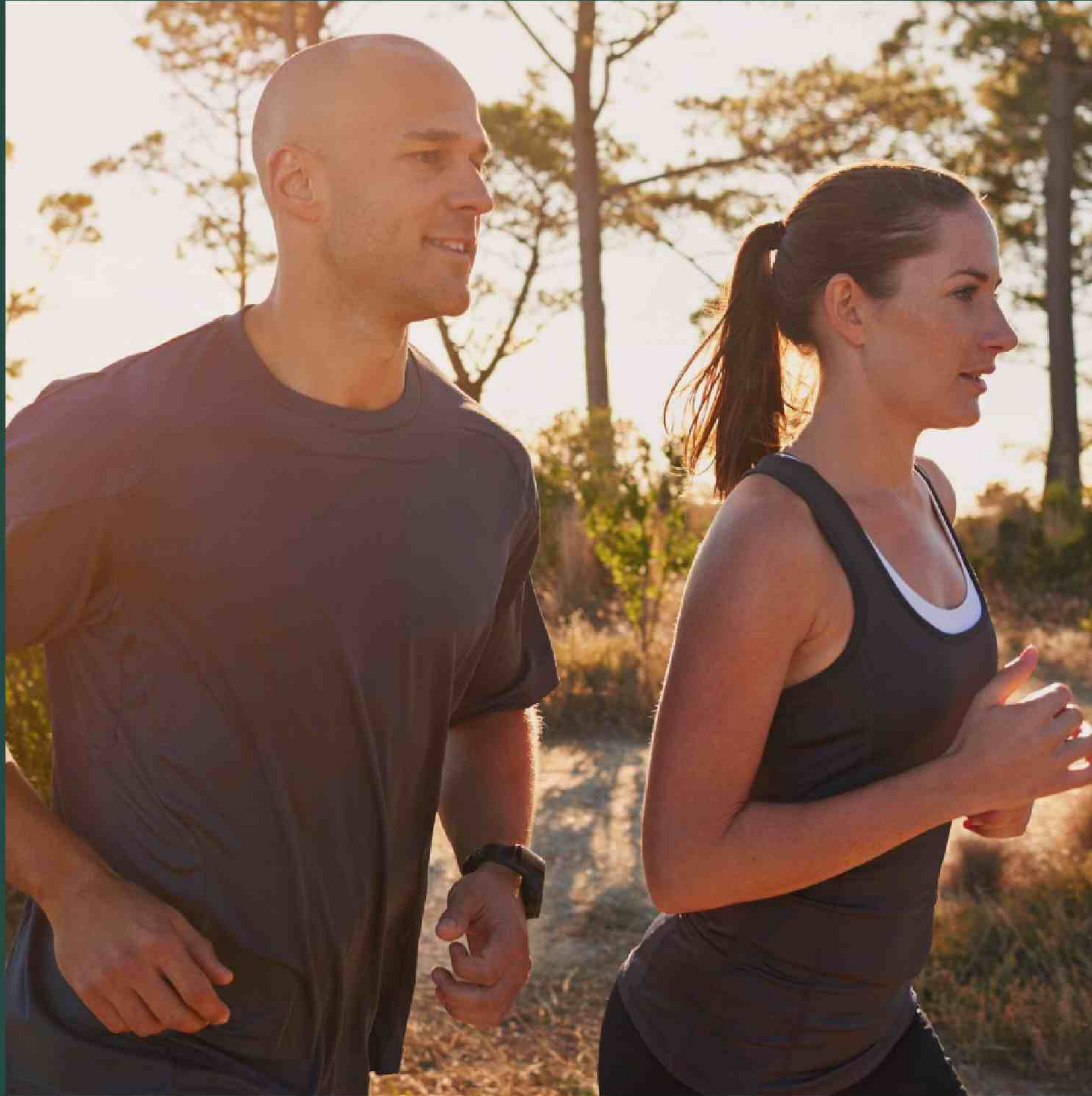
Achieve your fitness goals with a customized training program designed around your needs. Focus on strength, conditioning, or overall fitness with dedicated one-on-one guidance.

THB 1,000⁺⁺ per person

Additional: THB 500⁺⁺per person



For reservations, please contact our recreation team via "2816" or "0"



COUPLES FUN PACKAGE

Choose three private classes from our activity selection and enjoy a shared, active wellness experience together.

THB 3,000++ per couple

For reservations, please contact our recreation team via "2816" or "0"

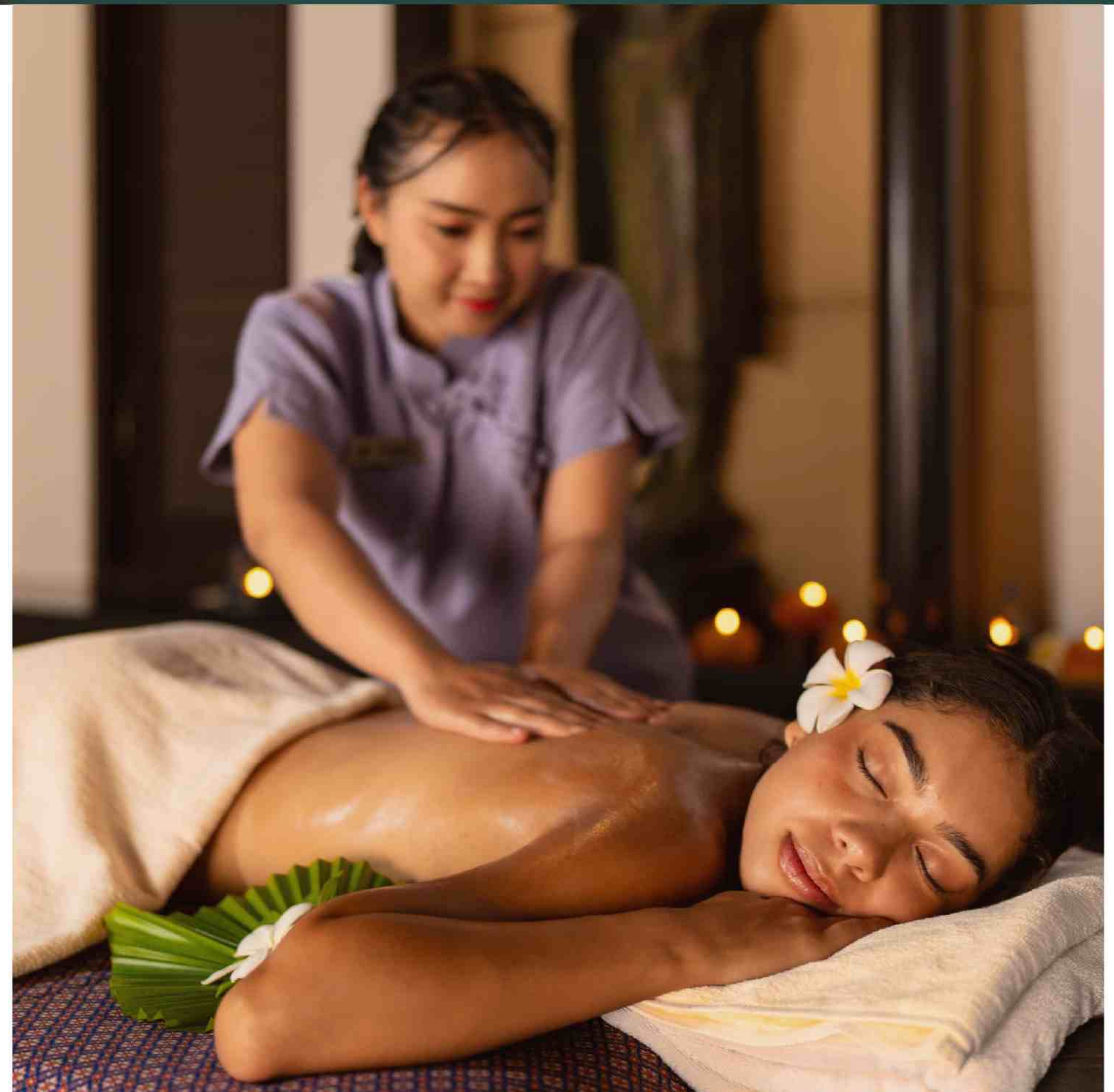
COUPLES MASSAGE PACKAGE

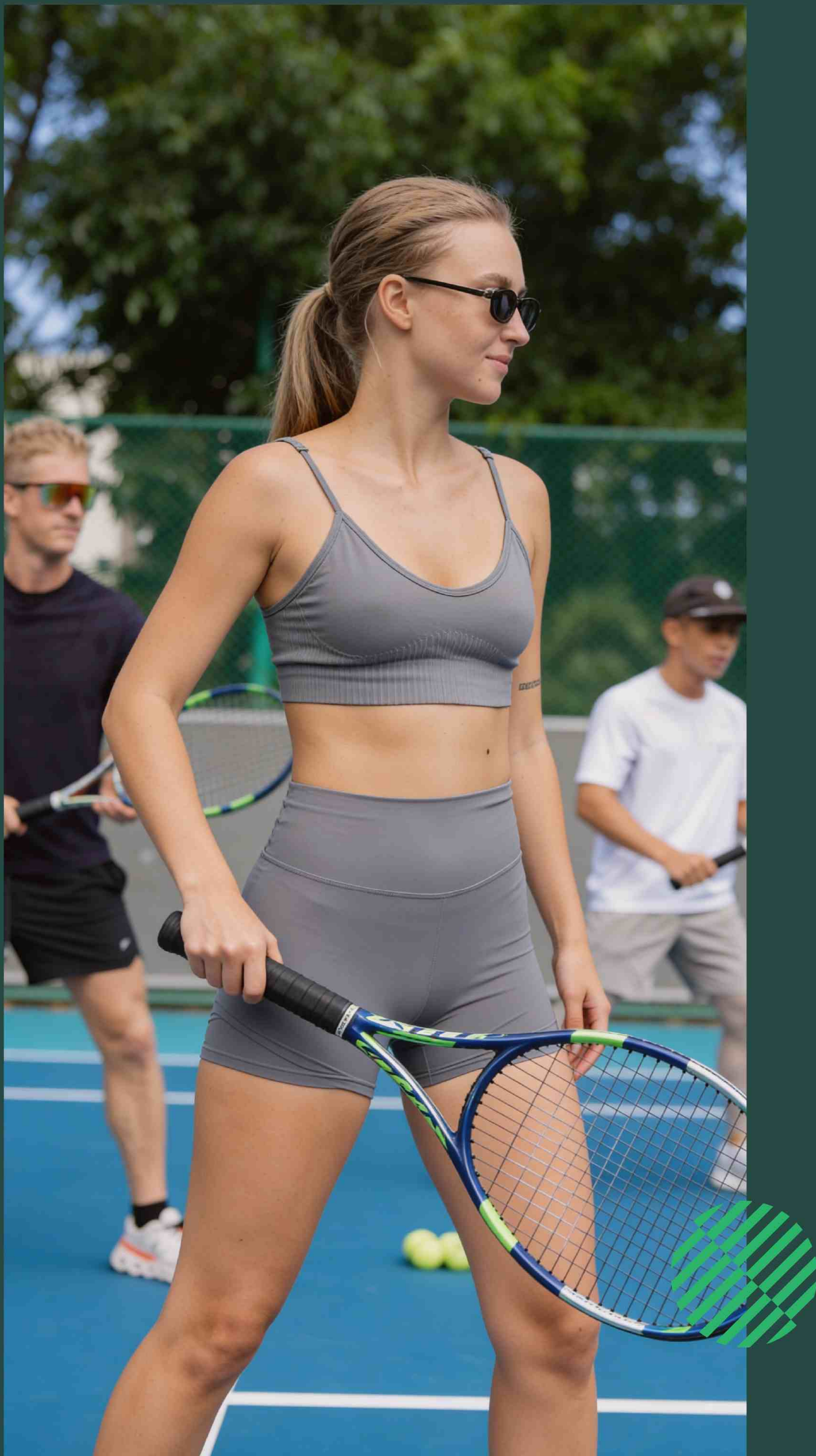
Relax side by side with a 120-minute massage designed to ease tension and restore balance for both body and mind.

- **Massage 90 mins**
Relaxing Aroma Massage
Creation Massage
Thai Massage
- **Milky Bath 30 mins**

THB 5,900++ per couple

For reservations, please contact our spa team via "2818" or "0"





TENNIS SESSION

Experience the energy of tennis through dynamic movement, coordination, and focus. This session enhances agility, builds strength, and leaves you feeling refreshed and revitalized.

Tennis Partner THB 1,000++ per person

Tennis Lesson THB 1,200++ per person

**Tennis Lesson for Child 800++ per child
(6-12 years)**

For reservations, please contact our recreation team via "2816" or "0"



PICKLEBALL SESSION

Experience the fun of pickleball through light, fast-paced rallies, coordination, and focus. This session boosts agility, improves reflexes, and keeps you energized with every game.

Pickleball Partner THB 800++ per person

Pickleball Lesson THB 1,000++ per person

For reservations, please contact our recreation team via "2816" or "0"

pullman
PHUKET
ARCADIA KARON BEACH RESORT