

SO/ FIT ACTIVITIES



SO YOGA

MONDAY 7:30 A.M. - 8:30 A.M.



SO BODY BURN

TUESDAY 6:30 P.M. - 7:30 P.M.



SO MUSCLE & MUSIC

WEDNESDAY 7:30 A.M. - 8:30 A.M.



SO MUAY THAI

THURSDAY 6:30 P.M. - 7:30 P.M.



SO BODYFIT

FRIDAY 7:30 A.M. - 8:30 A.M.

SO YOGA

Take a step away from the chaos of big city life with SO Yoga. Unwind your body and mind with a series of yoga sequences designed to stretch, increase flexibility, and relax your body. All levels welcome.

SO BODY BURN

Get HIIT with a high-intensity circuit workout with our SO/ FIT trainer who will coach you through an intense session of cardio to challenge your fitness level and shred your way to sculpted, lean muscles

SO MUSCLE AND MUSIC

Get pumped with a fun strength training class using just your body weight and free weights. Build muscle and burn fat to the beats of music that will have your heart beats racing throughout the session.

SO MUAY THAI

Punch like a pro with our SO Muay Thai class. Learn the art of traditional Thai kickboxing with techniques to impress while giving your body a full calories-burning workout, building up your fitness and strength, and doing it all in style.

SO BODYFIT

Give your body a full workout it deserves with weight training using movements to strengthen and tone your lower body. Focus on building core strength to improve your posture while gaining abs you can grate cheese on. Suitable for all fitness levels.

*Classes are available on weekday - effective from 15 October 2018

FOR YOUR HEALTH & SAFETY AND THE COMFORT OF OTHER GUESTS:

- Class requires 24-hour advanced reservation or walk-ins arriving at least 10 minutes prior to class starting.
- Please inform the instructor of any health conditions, injuries, and physical limitations prior to class starting.
- Late arrivals of more than 10 minutes after class starting time will not be permitted to join the class in consideration of others.
- Please kindly proceed to the back of the class if you are joining the class late.
- Please kindly inform the instructor prior to class starting if you will be leaving class early.
Please exit the class as quietly as possible.
- Please respect classes in progress by keeping your voices down inside and outside of the classroom.
- Class will be automatically cancelled if there are no participants within 10 minutes of class commencement.
- No cell phones are allowed during class.

For more information or to make a reservation please contact SO/ FIT at 02 624 0000 or h6835-TH1@sofitel.com

SO/ FIT