

# WEEKLY ACTIVITIES

27 APRIL - 3 MAY 2026

TIME	MON 27 APRIL	TUE 28 APRIL	WED 29 APRIL	THU 30 APRIL	FRI 1 MAY	SAT 2 MAY	SUN 3 MAY
07:00	☆☆☆  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	☆  <b>FASCIA RELEASE</b> RAKxa GAYA	☆  <b>CHAIR STRETCH</b> RAKxa GAYA	☆  <b>TAI CHI</b> RAKxa GAYA	☆  <b>STRETCHING</b> RAKxa GAYA	☆☆☆  <b>HIIT</b> RAKxa GAYA	☆  <b>STRETCHING</b> RAKxa GAYA
10:00	☆  <b>TAI CHI</b> RAKxa GAYA	☆☆ PAID CLASS  <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA	☆☆☆  <b>HIIT</b> RAKxa GAYA	☆☆ PAID CLASS  <b>REFORMER STRETCH</b> RAKxa GAYA	☆☆☆  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	☆☆ PAID CLASS  <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA	☆☆☆  <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA
14:00						 <b>HERBAL TEA BLENDING WORKSHOP</b> "THEME-WOMEN'S HEALTH" RAKxa CHA	
15:00	☆  <b>FLY STRETCH</b> RAKxa GAYA	☆☆☆  <b>ACTIVE SUSPENSION</b> RAKxa GAYA	☆☆  <b>YOGA FLOW</b> RAKxa GAYA	☆☆☆  <b>ANIMAL FLOW</b> RAKxa GAYA	☆☆  <b>YOGA FLOW</b> RAKxa GAYA	☆  <b>HIP OPENER</b> RAKxa GAYA	☆☆☆  <b>HIP TWIST RHYTHMIC DANCE</b> RAKxa GAYA
17:00	☆☆  <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	☆  <b>STRETCHING</b> RAKxa GAYA	☆☆  <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	☆  <b>FASCIA RELEASE</b> RAKxa GAYA	☆  <b>AQUA AI CHI</b> RAKxa GAYA	☆  <b>CHAIR STRETCH</b> RAKxa GAYA	☆☆  <b>AQUA AEROBIC BOXING</b> RAKxa GAYA

☆☆☆ Light Intensity    ☆☆☆ Moderate Intensity    ☆☆☆ High Intensity

**PAID CLASS** The Pilates Reformer and Reformer Stretch class charges are as follows;  
**Member:** THB 900 per person per class, **Non-Member:** THB 1,200 per person per class  
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**Special Event**

\*\*Instructor and activities is subjected to change without prior notice\*\*





























- To avoid missing your class/activity, RAKxa JAI and RAKxa GAYA kindly ask you to be on time.
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- If rain:
  - Aqua boxing, noodle and hand buoy will change to HIIT class.
  - Aqua Aichi will change to Fascia release class.




Scan here for class description

## WEEKLY ACTIVITIES

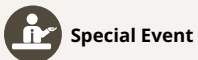
4 - 10 MAY 2026

TIME	MON 4 MAY	TUE 5 MAY	WED 6 MAY	THU 7 MAY	FRI 8 MAY	SAT 9 MAY	SUN 10 MAY
07:00	 <b>CHAIR STRETCH</b> RAKxa GAYA	 <b>FASCIA RELEASE</b> RAKxa GAYA	 <b>MORNING YOGA</b> RAKxa GAYA	 <b>TAI CHI</b> RAKxa GAYA	 <b>RAKxa RISE AND SHINE</b> RAKxa GAYA	 <b>FASCIA RELEASE</b> RAKxa GAYA	 <b>CHAIR STRETCH</b> RAKxa GAYA
10:00	 <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA <span>PAID CLASS</span>	 <b>HIIT</b> RAKxa GAYA	 <b>REFORMER STRETCH</b> RAKxa GAYA <span>PAID CLASS</span>	 <b>ANIMAL FLOW</b> RAKxa GAYA	 <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA <span>PAID CLASS</span>	 <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	 <b>REFORMER STRETCH</b> RAKxa GAYA <span>PAID CLASS</span>
15:00	 <b>ACTIVE SUSPENSION</b> RAKxa GAYA	 <b>FLY STRETCH</b> RAKxa GAYA	 <b>FLOW AND STRENGTH</b> RAKxa GAYA	 <b>PILATES RING</b> RAKxa GAYA	 <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	 <b>FITBALL</b> RAKxa GAYA	 <b>LATIN BEAT CARDIO DANCE</b> RAKxa GAYA
17:00	 <b>YOGA FLOW</b> RAKxa GAYA	 <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	 <b>STRETCHING</b> RAKxa GAYA	 <b>AQUA AEROBIC WITH NOODLE</b> RAKxa GAYA	 <b>SUNSET YOGA</b> RAKxa GAYA	 <b>AQUA AI CHI</b> RAKxa GAYA	 <b>STRETCHING</b> RAKxa GAYA

 Light Intensity    Moderate Intensity    High Intensity

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11 - 17 MAY 2026

TIME	MON 11 MAY	TUE 12 MAY	WED 13 MAY	THU 14 MAY	FRI 15 MAY	SAT 16 MAY	SUN 17 MAY
07:00	☆☆  YOGA FLOW RAKxa GAYA	☆  STRETCHING RAKxa GAYA	☆  CHAIR STRETCH RAKxa GAYA	☆  FASCIA RELEASE RAKxa GAYA	☆☆☆☆  ABS, BUTT AND THIGHS RAKxa GAYA	☆  RAKxa RISE AND SHINE RAKxa GAYA	☆  STRETCHING RAKxa GAYA
10:00	☆  SINGING BOWL RAKxa GAYA	☆☆ PAID CLASS  PILATES REFORMER FOUNDATION RAKxa GAYA	☆☆  YOGA FLOW RAKxa GAYA	☆☆ PAID CLASS  REFORMER STRETCH RAKxa GAYA	☆  HIP OPENER RAKxa GAYA	☆☆ PAID CLASS  PILATES REFORMER FOUNDATION RAKxa GAYA	☆☆☆  HIP TWIST RHYTHMIC DANCE RAKxa GAYA
14:00						 HERBAL TEA BLENDING WORKSHOP "THEME-WOMEN'S HEALTH" RAKxa CHA	
15:00	☆☆☆  ACTIVE SUSPENSION RAKxa GAYA	☆☆☆  ABS, BUTT AND THIGHS RAKxa GAYA	☆☆☆  HIIT RAKxa GAYA	☆  TAI CHI RAKxa GAYA	☆☆  FITBALL RAKxa GAYA	☆☆  BASIC FLY RAKxa GAYA	☆☆☆  ACTIVE SUSPENSION RAKxa GAYA
17:00	☆  AQUA AI CHI RAKxa GAYA	☆  SUNSET YOGA RAKxa GAYA	☆☆  AQUA AEROBIC BOXING RAKxa GAYA	☆☆☆  ANIMAL FLOW RAKxa GAYA	☆☆  AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	☆☆☆  HIIT RAKxa GAYA	☆☆  AQUA AEROBIC WITH NOODLE RAKxa GAYA

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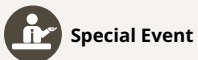
18 - 24 MAY 2026

TIME	MON 18 MAY	TUE 19 MAY	WED 20 MAY	THU 21 MAY	FRI 22 MAY	SAT 23 MAY	SUN 24 MAY
07:00	 <b>MORNING YOGA</b> RAKxa GAYA	 <b>CHAIR STRETCH</b> RAKxa GAYA	 <b>FASCIA RELEASE</b> RAKxa GAYA	 <b>HIIT</b> RAKxa GAYA	 <b>FASCIA RELEASE</b> RAKxa GAYA	 <b>STRETCHING</b> RAKxa GAYA	 <b>MORNING YOGA</b> RAKxa GAYA
10:00	 <b>REFORMER STRETCH</b> RAKxa GAYA	 <b>PILATES MAT FLOW</b> RAKxa GAYA	 <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA	 <b>STRETCHING</b> RAKxa GAYA	 <b>REFORMER STRETCH</b> RAKxa GAYA	 <b>PILATES MAT FLOW</b> RAKxa GAYA	 <b>PILATES REFORMER FOUNDATION</b> RAKxa GAYA
15:00	 <b>FLY STRETCH</b> RAKxa GAYA	 <b>HIIT</b> RAKxa GAYA	 <b>YOGA FLOW</b> RAKxa GAYA	 <b>HIP OPENER</b> RAKxa GAYA	 <b>ACTIVE SUSPENSION</b> RAKxa GAYA	 <b>LATIN BEAT CARDIO DANCE</b> RAKxa GAYA	 <b>HIP OPENER</b> RAKxa GAYA
17:00	 <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA	 <b>AQUA AI CHI</b> RAKxa GAYA	 <b>ACTIVE BRAIN COORDINATION</b> RAKxa GAYA	 <b>AQUA AEROBIC BOXING</b> RAKxa GAYA	 <b>TAI CHI</b> RAKxa GAYA	 <b>AQUA AEROBIC WITH HAND BUOY</b> RAKxa GAYA	 <b>ABS, BUTT AND THIGHS</b> RAKxa GAYA

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25 - 31 MAY 2026

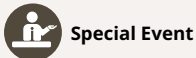
TIME	MON 25 MAY	TUE 26 MAY	WED 27 MAY	THU 28 MAY	FRI 29 MAY	SAT 30 MAY	SUN 31 MAY
07:00	 STRETCHING RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 HIIT RAKxa GAYA	 STRETCHING RAKxa GAYA	 HIP OPENER RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA
10:00	 ACTIVE SUSPENSION RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA <span>PAID CLASS</span>	 PILATES MAT FLOW RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA <span>PAID CLASS</span>	 ABS, BUTT AND THIGHS RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA <span>PAID CLASS</span>	 ACTIVE BRAIN COORDINATION RAKxa GAYA
15:00	 CHAIR STRETCH RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 FITBALL RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 BASIC FLY RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 HIP TWIST RHYTHMIC DANCE RAKxa GAYA
17:00	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 TAI CHI RAKxa GAYA	 AQUA AI CHI RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 SUNSET YOGA RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA

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