



Fitness

Let's fill your days with fun activities to keep you healthy and energised. Join one of our complimentary sessions or book a personal training session with our Activity Instructor

Complimentary Sessions

Monday to Friday Complimentary 09:00-11:00 , 17:00-18:00

Enjoy Bike Rides, Beach Boot Camp, Circuit Training, Stretching, Sunset Yoga and Ab Crunch Sessions

Personal Training Sessions

Monday to Friday 13:00 - 17:00

This is the perfect opportunity to enjoy a one-on-one session with our activity instructor. Whether you want to tone up at the gym, ask for training sessions in your Villa or join him for a jog on the beach, he is there to guide you and ensure you have all you need for an invigorating session.

Beach & Water Sports

Join us for some fun on the beach

Paddle Board

Kayak

Body Board

Surf Board

Snorkelling

Beach Volleyball

Beach Football

Bike Tour

Jogging on the Beach

Beach walk



INIALA
BEACH HOUSE · THAILAND

Activities

Personal Fitness Training Programme

From 10-11.00 and 13.00-16.00 (off daily activities schedule)

Our qualified fitness instructor will work with you to motivate and assist you in achieving your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss.

Wellness

Private Class (Personal Trainer / Yoga / Fitness Instructor)	2,000
Package 5 Hours Private Classes	7,500
Additional Hour From Package	1,500

Beach Volleyball

Please ask your Villa Manager, and we will be delighted to set up the Beach Volleyball court at your convenience. Please also check the activities calendar for scheduled group/team games.

Beach Soccer

Please ask your Villa Manager, and we will be delighted to set up the Beach Soccer pitch at your convenience. Please also check the activities calendar for scheduled group/team games.

Excursion

Bike Ride
Jogging On The Beach

Beach & Water Sports

Paddle Board
Kayak
Body Board
Surf Board
Snorkelling

Prices are subject to 10% service charge and applicable 7% government tax. All prices are in Thai Baht.



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Activity Schedule

Located adjacent to the entrance lawn, the fitness facilities at Iniala are a sanctuary for physical and mental well-being. Guests can enjoy private training sessions or join one of the three daily group classes we offer on a complimentary basis. The sessions are all led by our esteemed team of expertly-trained instructors.

	09:00 - 10:00	10:00 - 11:00	17:00 - 18:00
Sunday	Circuit Training	Circuit Training	Sunset Yoga
Monday	Bike Ride	Circuit Training	Circuit Training
Tuesday	Circuit Training	Circuit Training	Circuit Training
Wednesday	Circuit Training	Circuit Training	Circuit Training
Thursday	Circuit Training	Circuit Training	Circuit Training
Friday	Circuit Training	Circuit Training	Circuit Training
Saturday	Circuit Training	Circuit Training	Circuit Training