

TFC WEEKLY SCHEDULE - LOW SEASON

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM-8AM		BREAKFAST IN HOTEL	BREAKFAST IN HOTEL	BREAKFAST IN HOTEL	BREAKFAST IN HOTEL	BREAKFAST IN HOTEL	BREAKFAST IN HOTEL	BREAKFAST IN HOTEL
8AM-10AM		WELCOME GROUP WORKOUT ON BEACH	GROUP OR INDIVIDUAL FITNESS	GROUP OR INDIVIDUAL FITNESS	GROUP OR INDIVIDUAL FITNESS	GROUP OR INDIVIDUAL FITNESS	GROUP OR INDIVIDUAL FITNESS	REST DAY
		MEET YOUR COACH, BODY MEASUREMENTS, GO OVER						
10AM-12PM		FITNESS PLAN	REST/FREE TIME	SEMINAR	REST/FREE TIME	SEMINAR	REST/FREE TIME	SEMINAR
12PM-2PM	CHECK IN	LUNCH IN HOTEL	LUNCH IN HOTEL	LUNCH IN HOTEL	GROUP THAI COOKING CLASS WITH LUNCH	LUNCH IN HOTEL	LUNCH IN HOTEL	LUNCH IN HOTEL
2PM-4PM	WELCOME DRINK & MEET AND GREET	REST/FREE TIME	REST/FREE TIME	REST/FREE TIME	GROUP THAI COOKING CLASS WITH LUNCH	REST/FREE TIME	WATERFALL OR RAFTING EXCURSION	PHUKET EXCURSION
4PM-6PM	REST/FREE TIME	MUAY THAI OR YOGA	MUAY THAI OR YOGA	MUAY THAI OR YOGA	GROUP THAI COOKING CLASS WITH LUNCH	MUAY THAI OR YOGA	WATERFALL OR RAFTING EXCURSION	ELEPHANT SANCTURAY
6PM-8PM	REST/FREE TIME	EVENING MASSAGE	GROUP DINNER & THAI CULTURAL SHOW	DINNER ON OWN	EVENING MASSAGE	GROUP DINNER AND MUAY THAI FIGHT NIGHT	DINNER ON OWN	PHUKET NIGHT MARKET/SHOPPING
8PM-10PM	REST/FREE TIME	DINNER ON OWN	GROUP DINNER & THAI CULTURAL SHOW	DINNER ON OWN	DINNER ON OWN	GROUP DINNER AND MUAY THAI FIGHT NIGHT	DINNER ON OWN	RETURN TO KHAO LAK