



WEEKLY SCHEDULE

We are excited to present this week's schedule. It is a precisely-curated schedule. The concept is **there is something for everyone**, and that you **pick and choose the experiences that are right for you** and your body. For those of you training, **please plan recovery days** that include gentle movement and restful activities. Please be sure to **sign up the night prior to classes** as we use the sign-ups for planning transport and setting up spaces. Classes are typically 60 minutes in duration unless specified otherwise in the schedule.

We do ask you to please pay attention to the announcements in the **PC-Phuket Cleanse WhatsApp Group** in case of scheduled add-ons, pop-ups, or cancellations.

SELF-SERVE RECOVERY TREATMENTS

Please plan your recovery treatments to get the most healing energy from the program. The best way to **warm up after the ice bath is in the sun or in our red light therapy booth**. Please **read [this article](#) to learn how it works and its benefits**. We also recommend you do the **Magnesium Float Experience** at least once to improve your healing and increase energy levels. Please **read [about the float](#)** to learn how it works. The best line-up is a daily float (at any time): then be sure to ice bath after exercise followed by red light therapy or sunlight for the greatest energy production benefits.

The Magnesium Float Experience, Red Light Therapy (located in the Spa Villa) and ice bath are available 24 hours and are all self-service. You will be shown at your orientation how to use them. Please do not forget to do the compression therapy (located above the Lobby) to help you adjust post-flight and with muscle recovery. The Dry heat in our far infrared sauna is also here for you whenever you need ... and wet heat in the steam sauna. Enjoy!

DIETARY NOTES

When planning your schedule, please keep in mind **we encourage you all to do a cleanse on the weekend as a good lifestyle practice and give your body a chance to detox & rejuvenate**. We turn the weekend buffet into a cleanse. **For those eating, we will have lighter meals, salad bar only all weekend**. The weekend buffet options will be soup and salad or juice and soup cleanse. **If you are cleansing, we recommend you do not have protein shakes as it will block the detox**.

On **weekdays**, if you're training hard and aiming to improve body composition, please **get your protein shakes from the protein counter within 90 minutes post-workout**. You can **add the water and a coconut shot to your shakes**. This is best in that anabolic window post-workout, just water, a measured coconut shot, and shake. This hydrolyzed form of protein will give you the greatest anabolic response for building muscle as you don't have fiber from fruit, berries, peanut butter, or fat from any milk to slow protein digestion. When you add all that stuff to it, it weakens your muscle-building response. You want a quickly hydrolyzed protein shot to get the best gains. Don't minimize your results by asking the kitchen for a fluffy, extra-calorie protein shake. Keep it lean and mean. Then, your muscles will soon be seen!

Our **kitchen closes in the afternoon from 13:30 - 15:00** so our hard-working staff can get a break. If you need a meal saved for you, just let a team member know.

- **06:00: BLACK ROCK HIKE** — Have on good trainers and be ready for the best view on the island of Phuket [*If it rains, we do another hike—probably Promthep Power Hike. But that is only if it rains.*] {06:00 dep./ back by 07:40} | **STANTON**
- **07:00 - 08:30: CONTINENTAL LIGHT BREAKFAST**
- **08:15: HOT 26 YOGA** — This class combines the classical Hot Yoga 26 poses for 60-minutes (RAW.FITNESS) {08:15 dep./ back by 09:45} | **ADAM ...OR...**
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:15 dep./ 09:30 pickup/ back by 09:45} **...OR...**
- **08:15 - PADDLE BOARDING** — Enjoy a stunningly scenic morning by paddle boarding through the waves while getting a total body workout (NAIHARN BEACH) {08:15 dep./ back by 09:45} | **ABBY ...OR...**
- **09:00: FUNCTIONAL STRENGTH** — Train to build muscle to help you move more effectively in your daily life (WEIGHTS AREA GYM) | **CARLOS**
- **10:00: CORE + MORE** — Work your trunk, abdominals and hip, essential for proper load balance of your spine, pelvis, and kinetic chain. (WEIGHTS AREA GYM) | **CARLOS**
- **11:00: GIRLS! LET'S BALANCE OUR HORMONES** — Get to the root cause of your hormonal health and learn how to balance and optimise your hormones naturally, through diet, supplements and nourishing approaches (WH) | **EMILY ...OR...**
- **11:30: BALANCE WORKSHOP** — Move through a circuit of exercises to build balance in your body and balance in your posture (GYM) | **ADAM**
- **12:00 - 13:00: LUNCH**
- **13:00: MEN, LET'S TALK ABOUT TESTOSTERONE!** — Unlock the secrets to naturally increasing your testosterone levels naturally (WH) | **EMILY**
- **14:00: ICE BATH 4 BEGINNERS** — Introduction for beginners to Cold Thermogenesis. Come and learn the necessary skills to add ice bathing to your health & longevity protocols. (ICE BATH AREA) {6 PEOPLE MAX} | **TARA**
- **15:00: PILATES** — Physical workout focusing on the core to tone the muscles in a healthy and joint-friendly way (WH) | **ANYA .**
- **16:15 FREQUENCY THERAPY** — Applying frequency therapy to take you into the most blissful state of relaxation (WH) | **FUNDI ...OR...**
- **16:30: EXERCISE THE MIND-MUSCLE CONNECTION** — Learn how to use “TEMPO” to build stronger mind-muscle connection (WEIGHTS AREA GYM) | **OLEG**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE) **...OR...**
- **17:00: EVENING HIKE** — A mindful way to decompress on this stunning evening hike to one of the most photographed locations in Phuket {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE) | **ADAM**
- **18:00 - 19:00: DINNER**
- **19:15: CALM FIT** — A peaceful and tranquil yoga routine to balance out the hard classes. Flushing out toxins and getting deep into the fascia (WH) | **ADAM**

- **06:00: BIG BUDDHA HIKE** — 4KM intense uphill hike; or you can **SQUAT & CLEAN UP BIG BUDDHA** ... take a trash bag, squat, & pick up trash as you head up BIG BUDDHA! {06:00 dep./ back by 07:45} | **STANTON**
- **07:00 - 08:30: CONTINENTAL LIGHT BREAKFAST**
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake {08:15 dep./ 09:30 pickup/ back to Phuket Cleanse by 09:45} **...OR...**
- **08:15 - PADDLE BOARDING** — Enjoy a stunningly scenic morning by paddle boarding through the waves while getting a total body workout (NAIHARN BEACH) {08:15 dep./ back by 09:45} | **ABBY ...OR...**
- **09:00: THAI CURRY COOKING CLASS** — Learn how to make some of the delicious curries served at PC so you can make them at home (KITCHEN) | **MUKESH ...OR...**
- **3-PART JOURNEY FOR EMOTIONAL RELEASE: YOUR STAIRWAY TO HEAVEN ...**
- **09:00: GLUTE ATTACK** — Sculpt and tone with the power of glute bands. This quick, effective routine targets your lower body, enhancing strength and definition (WH) | **ANIKO**
- **10:00: TRE WORKSHOP** — This is a workshop to ignite your body's electrical system to clear tension and trauma (WH) | **MEL & ANIKO**
- **11:00: SOMA** — Rhythmic breathing to take you into a state of bliss (WH) | **MEL**
- **10:00: HOT HIIT** — High Intensity Interval Training, including stations in the steam room and sauna to significantly increase the heart rate (DRIVEWAY) | **ADAM**
- **10:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM ...OR...**
- **11:15: YOGA NIDRA** — Learn about the practice neuroscientists are talking about as the most poignant system for relaxation that you can learn to do at home (LOUNGE) | **ADAM**
- **12:00 - 13:00: LUNCH**
- **13:00: {90 Mins} —TIBETAN TANTRA ICE TRAINING COURSE LAUNCH CLASS I (THE INITIATION—This is the first step in an three-day intensive course) (WH) | MEL**
- **14:00: ZUMBA {45 Mins}** — Designed for all ages and abilities, it will make you smile and sweat. Please wear sports shoes (WH) | **GARETH ...OR...**
- **15:00: STRENGTH & CONDITIONING** — Feel the stability of powerful, strategic movement. Learn to methodically engage strong glutes, quads, hammies and calves (WEIGHTS AREA GYM) | **SANDZ ...OR...**
- **15:00: SOUND BATH** — Unlock the ancient art of sound therapy to shift energy, clear blockages, and restore the mind, body & spirit (WH) | **NITTY ...OR...**
- **15:45: ARTISANAL CHOCOLATE CLASS** — Learn the art of chocolate making by designing your own vegan or milk chocolate with nuts and dried fruits (300 Baht per 100g) (BARADA CHOCOLATE FACTORY) {15:45 dep./ back by 17:00} **...OR...**
- **16:30: EXERCISE THE MIND-MUSCLE CONNECTION** — Learn how to use “TEMPO” to build stronger mind-muscle connection (WEIGHTS AREA GYM) | **OLEG**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE)
- **17:00: FAT BURNING MACHINE: HOT STICKS: HOT SCULPT {45 Mins}** — Melt inches, strengthen your cardio capacity, and improve your VO2 max at the hottest fat-burning class in the industry (17:00 dep./ back by 18:15} (RAW FITNESS) {12 PEOPLE MAX} | **MARIA**
- **18:00 - 19:00: DINNER**
- **19:15: CHAKRA AWARENESS MEDITATION** — A one-hour practice, blending 30 minutes of mindful chanting to activate energy centers with a soothing 30-minute phase for deep relaxation (WH) | **ANIKO**

- **06:00: MORNING HIKE** — Hike a few of the “Hills in Our Hood.” From steep, to intense, to gently rolling {06:00 dep./ back by 07:30} | **STANTON**
- **07:00 - 08:30: CONTINENTAL LIGHT BREAKFAST**
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:15 dep./ 09:30 pickup/ back by 09:45} ...**OR...**
- **08:15: VINYASA FLOW** — Give your body the attention it needs through movement, breath, stretch and strength (GYM) | **ADAM**
- **09:15: AERIAL YOGA** — Float, fly, hang, elongate your spine, swing, and soar in this amazing aerial yoga class (GYM) | **ADAM ...OR...**
- **10:00: BETTER-FOR-YOU DESSERT CLASS** — Learn how to make delicious gluten and dairy-free brownies and a lemon cheesecake (MAIN KITCHEN) | **MUKESH ...OR...**
- **10:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM ...OR...**
- **10:30: KETTLE BELL WORKOUT** - Maximum benefits with minimum equipment. Sweat it out with this great way to build strength and burn fat at the same time (GYM) | **SANDZ ...OR...**
- **11:00: BIODYNAMIC BREATHWORK {60 Mins}** — Breath techniques combined with trancelike movement takes you into heightened states, shedding density and stuck energy, leaving you with a deeper understanding of self (WH) | **DANY ...OR...**
- **11:30: TOTAL BODY CONDITIONING** — Use your body as the ultimate gym to achieve total body fitness and grace of movement (GYM) | **ADAM ...OR...**
- **12:00 - 13:00: LUNCH**
- **13:00: THE POWER OF PROTEIN** — Get ready to dive into the dynamic world of nutrition as we explore the transformative power of protein. From muscle building to satiety, Emily will unravel the crucial role protein plays in optimizing our health and well-being. Plus, discover the ins and outs of supplementing protein to fuel your body and thrive! (WH) | **EMILY ...OR...**
- **13:30: BREATHWORK FOR FITNESS** — PART OF YOUR INDUCTION PROCESS: 4 x your physical performance by learning techniques to turbocharge your endurance and power. in a workout. (GYM) | **ADAM .**
- **14:30: HUMAN DESIGN WORKSHOP** — Learn about the principles of the Human Design system to connect the dots towards knowing your life purpose, and start making more aligned decisions (WH) | **ALYSHA ...OR...**
- **15:00: FAT BURNING MACHINE: HOT STICKS: HOT SCULPT {45 Mins}** — Melt inches, strengthen your cardio capacity, and improve your VO2 max at the hottest fat-burning class in the industry (15:00 dep./ back by 16:15) (RAW FITNESS) **{12 PEOPLE MAX}** | **MARIA**
- **16:30: STRENGTH/MUAY THAI FUSION** — Build your core and so much more! Learn to punch, kick, fly and land! (WEIGHTS AREA GYM) | **OLEG ...OR...**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE)
- **18:00 - 19:00: DINNER**
- **19:15: CHAKRA HEALING MEDITATION** — Tapping into our bodies energy system we heal the body and calm the mind (WH) | **AYLEEN**

- **06:00: BIG BUDDHA HIKE** — 4KM intense uphill hike {06:00 dep./ back by 07:45} | **STANTON**
- **07:00 - 08:30: CONTINENTAL LIGHT BREAKFAST**
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:15 dep./ 09:30 pickup/ back by 09:45} **...OR...**
- **09:00: SHAKE, RATTLE & ROLL** — Maximising the mobility of yin yoga, this class will turn on your natural healing process in the first hour with chilled yoga poses and then into a 30 minute shake and dance for emotional release! This is effectively a chilled yoga class combined with a modified Kundalini Meditation (WH) | **JENNY**
- **10:15: BUBBLE BUTT** — Sculpt and tone with the power of glute bands. This quick, effective routine targets your lower body, enhancing strength and definition (WH) | **ANIKO**
- **10:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM**
- **11:15: NON-NEGOTIABLES & BOUNDARIES** — Explore the significance of non-negotiables and boundaries in different aspects of our lives, including personal relationships work settings & family dynamics (QUANTUM VILLA) | **SARAH ...OR...**
- **11:30: PILATES** — Physical workout focusing on the core to tone the muscles in a healthy and joint-friendly way (WH) | **ANYA**
- **12:00 - 13:00: LUNCH**
- **14:15: ZUMBA {45 Mins}** — Designed for all ages and abilities, it will make you smile and sweat. Please wear sports shoes (WH) | **GARETH ...OR...**
- **15:00: STRENGTH: HIGH, LOW, FAST, AND SLOW** — Continuing our series of unlocking the human movement potential in you ... in this class, you will build strength to propel high and move low. You will learn to fly fast, and balance to go slow (WEIGHTS AREA GYM) | **SANDZ**
- **15:45: DYNAMIC PULSE CIRCUIT** — A blend of high-energy exercises that will fire up your strength and stamina (WH) | **ANIKO ...OR...**
- **16:45: TRE PART 2** — A continuation of Monday's workshop to ignite your body's electrical system to clear tension and trauma (WH) | **MEL & ANIKO**
- **16:45: FAT BURNING MACHINE: HOT STICKS: HOT SCULPT {45 Mins}** — Melt inches, strengthen your cardio capacity, and improve your VO2 max in this fat-burning class in the industry (16:45 dep./ back by 18:15) (RAW FITNESS) {12 PEOPLE MAX} | **MARIA ...OR...**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE) **...OR...**
- **18:00 - 19:00: DINNER**
- **19:15: PAINT BAR** — We were all born to create. Learn how to harness your inner artist and enjoy a few laughs as we create together (ART STUDIO) | **JOSH ...OR...**
- **19:15: SOUND BATH** — Drift into deep relaxation with harmonic tones from Theta and Chakra Bowls. Close your eyes, absorb soothing vibrations, and let this transformative journey rejuvenate your inner harmony (WH) | **ANIKO**

- **06:00: FOUR HILLS HIKE** — Starting near Rawai Beach up to Promthep Cape, down to Yanui Beach, up to The Windmill, ending at Naiharn Lake {06:00 dep./ back by 07:45} | **STANTON**
- **07:00 - 08:30: CONTINENTAL LIGHT BREAKFAST**
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:15 dep./ 09:30 pickup/ back by 09:45} **...OR...**
- **08:30: HOT BODYWEIGHT HIIT & STRETCH** — Energetic heat-acclimated workout and stretch in a hot & steamy toom (RAW.FITNESS) {08:15 dep./ back by 09:45} | **SANDZ ...OR...**
- **09:10: CHAKRA AWARENESS MEDITATION** — Chakra Awareness Meditation is a one-hour practice, blending mindful chanting to activate energy centers with a soothing 30-minute phase for deep relaxation (WH) | **ANIKO ...OR...**
- 3-PART JOURNEY FOR EMOTIONAL RELEASE: YOUR STAIRWAY TO HEAVEN ...**
- **09:00: HIIT** — A high intensity interval training with sprinting, plyometrics and explosive work (WEIGHTS AREA GYM) | **CARLOS**
- **10:10: TRE WORKSHOP** — This is a workshop to ignite your body's electrical system to clear tension and trauma (WH) | **MEL & ANIKO**
- **11:10: HEAL YOUR BODY WITH YOUR MIND PART I -** (WH) | **MEL ...OR...**
- **10:15: CORE + MORE** — Work your trunk, abdominals and hip, essential for proper load balance of your spine, pelvis, and kinetic chain. (WEIGHTS AREA GYM) | **CARLOS ...OR...**
- **10:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM**
- **12:00 - 13:00: LUNCH**
- **13:00: DETOX** — Ahead of this weekend's detox, Emily share's her naturopathic wisdom and biohacking techniques on the best approach to cleansing | **EMILY ...OR...**
- **13:15: ICE BATH SKILLS** — Learn how to master the ice bath (GARDEN) | **ANIKO & MEL**
- **13:15: COOKING CLASS** — Jamie will teach you how to make energy balls and raw fudge e (KITCHEN) | **JAMIE**
- **14:30: STRENGTH/MUAY THAI FUSION** — Build your core and so much more! Learn to punch, kick, fly and land! (WEIGHTS AREA GYM) | **SANDZ**
- **15:45: BITESIZE BREATHING TOOLS FOR LIFE** — Take bite-size chunks of breathwork practices into your everyday (WH) | **GREG**
- **17:00: FAT BURNING MACHINE: HOT STICKS: HOT SCULPT {45 Mins}** — Melt inches, strengthen your cardio capacity, and improve your VO2 max at the hottest fat-burning class in the industry {17:00 dep./ back by 18:15} (RAW FITNESS) **{12 PEOPLE MAX}** | **MARIA ...OR...**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE) **...OR...**
- **17:15: YOGA NIDRA** — Learn about the practice neuroscientists are talking about as the most poignant system for relaxation that you can learn to do at home (LOUNGE) | **ADAM**
- **18:00 - 19:00: DINNER**
- **19:15: HEALING MEDITATION** — Enjoy a deep healing meditation using the power of your breath and magical music (WH) | **GREG**

- **06:00: PROMTHERP-YANUI-WINDMILL-NAIHARN ZONE 2 TREK** — A gentle hike of all the best sights of Rawai {06:15 departure/ back by 07:45} | **STANTON**
- **07:00 - 08:30: BREAKFAST** — Weekend Juice Cleanse
- **08:15: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:15 dep./ 09:30 pickup/ back by 09:45} **...OR...**
- **08:15: FAT BURNING MACHINE: HOT STICKS: HOT SCULPT {45 Mins}** — Melt inches, strengthen your cardio capacity, and improve your VO2 max at the hottest fat-burning class in the industry {08:15 dep./ back by 09:30} (RAW FITNESS) {12 PEOPLE MAX} | **MARIA ...OR...**
- **09:00: SOMA BREATHWORK** — Starting with a stretch and a shake into a 60 min breathwork to cool music 'breathing to beats' and doing breath holds to alter you state! (WH) | **JENNY**
- **10:30: HEAL YOUR BODY WITH YOUR MIND PART I** — Rhythmic breathing to take you into a state of bliss (LOUNGE) | **MELHEAL YOUR BODY WITH YOUR MIND PART II LOUNGEMEL**
- **10:15: GENTLE FLOW YOGA** — A slow and gentle flow that moves the spine in all directions, generating a bit of heat, connecting to the breath. (WH) | **JENNY ...OR...**
- **11:30: TABATA** — Maximum results in minimal time. This high-intensity workout alternates short bursts of intense exercise with brief rest periods, skyrocketing calorie burn and boosting metabolism (WH) | **ANIKO**
- **12:00 - 13:00: LUNCH**
- **13:00: BALANCE WORKSHOP** — Move through a circuit of exercises to build balance in your body and balance in your posture (GYM) | **ADAM**
- **14:15: CHAKRA AWARENESS MEDITATION** — Chakra Awareness Meditation is a one-hour practice, blending 30 minutes of mindful chanting to activate energy centers with a soothing 30-minute phase for deep relaxation (WH) | **ANIKO ...OR...**
- **14:30: HIIT TRAINING** — High Intensity Interval Training, including stations in the steam room and sauna to significantly increase the heart rate (GYM) | **SANDZ ...OR...**
- **14:30: AQUA FIT** — Challenge your body with this pool workout. The water will add assistance as you perform cardiovascular and strength exercises while having a blast in the pool (MAIN VILLA POOL) | **ADAM**
- **15:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM ...OR...**
- **16:00: SOUND BATH** — Unlock the ancient art of sound therapy to shift energy, clear blockages, and restore the mind, body & spirit (WH) | **NITTY**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 18:00 pickup/ back by 18:15} (NAIHARN BEACH OR LAKE) **...OR...**
- **17:15: BUBBLE BUTT {45 Mins}** — Sculpt and tone with the power of glute bands. This quick, effective routine targets your lower body, enhancing strength and definition (WH) | **ANIKO**
- **18:00 - 19:00: DINNER** — Weekend Soup & Juice Cleanse
- **19:15: VISION BOARDS** — A Dynamic and introspective session designed to guide participants through the foundational steps of personal growth and vision creation (WH) | **SARAH**

- **06:15: BIG BUDDHA HIKE** — 4KM intense uphill hike {06:00 dep./ back by 07:45} | **TARA**
- **07:00 - 08:30: BREAKFAST** — Weekend Juice Cleanse
- **08:30: NAIHARN BEACH/LAKE** — Swim, walk, jog, run or sprint at the beach or around the lake at your own pace {08:30 dep./ 09:30 pickup/ back by 09:45} ...OR...
- **8:30 - 10:15 BIKRAM YOGA** — A practice that connects the body, breath, and mind using physical postures, breathing exercises, and meditation for an intense yet rewarding workout {08:30 dep./ 09:30 pickup/ back by 09:45} (RAW FITNESS) | **SIMON ...OR...**
- **09:00: CHAKRA AWARENESS MEDITATION** — Chakra Awareness Meditation is a one-hour practice, blending 30 minutes of mindful chanting to activate energy centers with a soothing 30-minute phase for deep relaxation (WH) | **ANIKO**
- **10:00: CALISTHENICS** — Use your body as the ultimate gym to achieve total body fitness and grace of movement (GYM) | **ADAM ...OR...**
- **10:15: PILATES** — Physical workout focusing on the core to tone the muscles in a healthy and joint-friendly way (WH) | **ANYA ...OR...**
- **10:30: MUAY THAI** — Thai boxing is great for cardiorespiratory fitness, using stand-up striking along with various clinching techniques (GYM) | **POM ...OR...**
- **11:15: YOGA NIDRA** — Learn about the practice neuroscientists are talking about as the most poignant system for relaxation that you can learn to do at home (LOUNGE) | **ADAM**
- **12:00 - 13:00: LUNCH** — Weekend Soup & Juice Cleanse
- **12:45: LONG TAIL BOAT TRIP TO KOH HEY ISLAND** — {12:45 departure/ back by 17:00} (CORAL BEACH) | **ANYA ...OR...**
- **14:00: SOUND BOWL HEALING** — Drift into deep relaxation with harmonic tones from Theta and Chakra Bowls and let this transformative journey rejuvenate your inner harmony (WH) | **ANIKO**
- **15:15: AQUAFIT** — Challenge your body with this pool workout. The water will add assistance as you perform cardiovascular and strength exercises while having a blast in the pool (MAIN VILLA POOL) | **ADAM**
- **17:00: BEACH CHILL OUT OR PRE-DINNER LAKE WALK** — {17:00 dep./ 17:45 pickup/ back by 18:00} (NAIHARN BEACH OR LAKE) ...OR...
- **17:00 - 18:00: EARLY DINNER** — Weekend Soup & Juice Cleanse
- **18:00: PHUKET WEEKEND NIGHT MARKET** (PHUKET TOWN) — {18:00 departure/ back to Phuket Cleanse by 21:00}



CHECKING IN WITH US

We are always here to help. After your induction, please **schedule a follow up check in if you need help tweaking your diet and choosing classes.** There is a lot of emotional detoxing that happens here, so **please know you can reach out to us for a sit down if things are coming up for you that you need to process.**

You are never alone here, and we are excited to support you on any level. **If you are here a week or more, please schedule a follow-up check-in so we adjust your program according to your weekly needs.** If you have questions about choosing workouts, or adaptations, or if you have injuries, please let us know during your induction so we can make training suggestions. If you need any specialized sessions, please click here into our [practitioners page](#) to see what services are available. If problems occur in your room or facilities, please contact your concierge group.

PRACTITIONERS

Phuket Cleanse has an evolving **menu of world-class practitioners.** We are very discerning who we include so if a practitioner is on the menu, it is because they are tops in their field. If you are here to reverse your physical age, you will enjoy the esthetic clinic a few doors down. Brooke has the most advanced skincare technologies, using stem cells, and collagen-boosting skin rejuvenation therapies. She also writes personalized 'skin prescriptions' and has products and technologies you can take home so you can keep the anti-aging and rejuvenation going. Emily is a naturopathic practitioner, who creates miracles in her clients' health with natural supplements and foods. She can stay in your corner all year to refine your diet to perfection so you get better, stronger, and younger by the day. For those here for emotional wellness, you will find Dany's therapeutic sessions get into the deep layers of your emotional body to release trauma, fears, and limiting beliefs. If you are here for physical therapy, Thomas (aka "the pain fixer") is your guy. Click [HERE](#) to see the lineup of our complimentary services followed by these world-class practitioners. Contact them with questions you may have and be sure to find them in the schedule.

LYFE MEDICAL WELLNESS & BLOODWORK

If you're doing any bloodwork at Lyfe, please **don't work out before the blood draw as it will alter the results.** If you are interested in doing bloodwork or rejuvenation services, please [visit their website](#). They are **open Tuesday, Thursday, and Friday.** You can **contact them [HERE](#) to make an appointment.** If you need a taxi to Lyfe Medical Wellness, please let your concierge know. It is a ten-minute ride from here.

FEEDBACK

We value your feedback at Phuket Cleanse. Rather than send you a form when you go home asking you for feedback, we want to get your stay right while you are here with us. **If you have any feedback at all, please let us know so we can make any adjustments in real time.** Phuket Cleanse is constantly evolving and we are happy to make swift adjustments to any aspect of your experience.

TIPPING CULTURE

Many guests ask us about tipping, **feel free to tip** the cleaning ladies or anyone you would like to tip. Most hotels in Phuket include a **10% "service charge tip" for staff.** **We leave that as a choice.** If you would like to leave a service charge tip, Tor will take the money and split amongst the Thai and Burmese staff.