



Health Club

5th Floor

Open Daily: 06.30 - 22.00 hrs.

Activities Schedule

Day	Time	Classes
Monday	17:00 - 20:00	Boxing***
	18:00 - 19:00	Aerobic (Low Impact)
Tuesday	18:00 - 19:00	Aerobic (Hi Impact)
	19:05 - 20:05	Yoga***
Wednesday	17:00 - 20:00	Boxing***
	18:00 - 19:00	Aerobic
	19:05 - 20:05	Aerobic (Weight Trainer)
Thursday	17:00 - 20:00	Boxing***
	18:00 - 19:00	Aerobic (Hi Impact)
	19:05 - 20:05	Table Tennis***
Friday	18:00 - 19:00	Aerobic (Hi Impact)***
	19:05 - 20:05	Yoga***
Saturday	16:00 - 17:00	Aerobic (Basic)
Sunday	16:00 - 17:00	Aerobic (Basic)

Remarks :

*** : Freelance Instructor

Staff : Health Club Instructor

Massage Service

Open Daily : 08.00 22.00 hrs.

Type of Massage	Health Club	Guest Room
Traditional Thai Massage	600 Baht/Hour	700 Baht/Hour
Oil Massage	750 Baht/Hour	850 Baht/Hour
Aromatherapy Massage	1,000 Baht/Hour	1,200 Baht/Hour
Foot Massage	650 Baht/Hour	-

RADISSON HOTEL BANGKOK

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www.radisson.com/bangkokth

Membership Fees

Type of Membership	Period	Price
Individual	12 Months	17,000 Baht
	6 Months	10,000 Baht
	3 Months	7,000 Baht
Off Peak 06:30 am. 4:00 pm.	12 Months	10,000 Baht
Couple (Husband & Wife)	12 Months	24,000 Baht
Family	12 Months	33,000 Baht
Group (3-5 persons)	12 Months	13,000 Baht each

Privileges for Members

- Advanced exercise equipment such as Life Fitness Treadmill, Coues trainer, Bicycle and Step
- Full range of Body Solid Strength machine
- Locker facilities including showers
- Jacuzzi, sauna and Steam room
- Complimentary use of table tennis and swimming pool
- Daily group activities yoga, aerobic classes from beginners to advanced
- Fitball, bodyfirm, Abs. and stretching
- 20% discount on Massage
- 10% discount on all Food & Beverage Outlet

Opening Hours

Health Club Hours : 06:30 - 22.00 hrs.
 Swimming Pool Hours : 06:30 - 20:00 hrs.
 Massage Service Hours : 08:00 - 22:00 hrs.