

# Activity Program

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00 - 10.00	<b>Body Stretching (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Basic Yoga (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Basic Muay Thai (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Core Workout (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Tie Dye T-Shirt THB 500++</b> Location: Kid's House	<b>Body Stretching (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Plaster Doll Painting (FREE)</b> Location: Kid's House
11.00 - 12.00	<b>Batik Painting THB 500++</b> Location: Kid's House	<b>Tie Dye T-Shirt THB 500++</b> Location: Kid's House	<b>Art Towels (FREE)</b> Location: Kid's House	<b>Table Tennis (FREE)</b> Location: Kid's House	<b>Plaster Doll Painting (FREE)</b> Location: Kid's House	<b>How to make paper ORIGAMI &amp; Flower Arrangement (FREE)</b> Location: Kid's House	<b>Tennis Hitting (FREE)</b> Location: Tennis court / Maximum 4 persons (Meeting point at Fitness Center)
13.00 - 14.30	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons	<b>Cooking Class (Thai or Japanese) THB 1,500++ person/class</b> Location: Ocean View Restaurant Duration: 1 hrs. 30 mins Maximum 2 persons
14.00 - 15.00	<b>Aroma Gel Candle THB 300++</b> Location: Kid's House	<b>Circuit Training (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>How to make paper ORIGAMI &amp; Flower Arrangement (FREE)</b> Location: Kid's House	<b>Art Towels (FREE)</b> Location: Kid's House	<b>Batik Painting THB 500++</b> Location: Kid's House	<b>Body Weight (FREE)</b> Location: Fitnesss Center Maximum 4 persons	<b>Circuit Training (FREE)</b> Location: Fitnesss Center Maximum 4 persons
18.00 - 19.00	<b>Fire Show &amp; Free Flow beer &amp; cocktails THB 450 net /person</b> Location: Ocean View Restaurant			<b>Fire Show &amp; Free Flow beer &amp; cocktails THB 450 net /person</b> Location: Ocean View Restaurant			



- 24 hours advanced reservation is required
- All activities conducted by resort instructor
- Activities are available for guests at the age of 14 years old and above; except Batik Painting, Tie Dye T-Shirts and Aroma Gel Candle
- No shows or cancellations less than 3 hours before the session, would be fully charged for all paid activities
- For more information, please dial number "0"
- All prices are subject to 10% service charge and 7% applicable government tax



**Diamond Cliff**  
RESORT & SPA · PHUKET