

ACTIVITIES PROGRAM

START YOUR TRAINING & JOIN US



Hours/Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.00-08.45	Yoga Introduction 200 THB at Fitness	Besic Muay Thai 200 THB. at Fitness	Beach Jogging	Yoga Introduction 200 THB at Yoga Room	Besic Muay Thai 200 THB. at Fitness	Yoga Introduction 200 THB at Yoga Room	Beach Jogging
09.00-09.45	Body Weight Training 200 THB. at Fitness	Mat Pilates 200 THB. at Yaga Room	Abs Work Out 200 THB. at Yaga Room	Balance Exercise 200 THB. at Yaga Room	Mat Pilates 200 THB. at Yaga Room	Balance Exercise 200 THB. at Yaga Room	Full Body Stretching at Yaga Room
10.30-11.00	Fish Feeding at Lagoon in front of Splash Kitchen						
11.00-12.00	Aqua Exercise at Main Pool						
14.00-15.00	Muay Thai Lesson THB 400/Guest (Max 4 Guests) at Fitness						
16.00-16.45	Social Beach Volleyball at Beach						
17.00-17.30	Fish Feeding at Lagoon in front of Splash Kitchen						
Kid's Activities at Kids Club							
10.00-11.00	Fancy Crown Making	Mask Making	Fancy Crown Making	Play Time	Fancy Crown Making	Mask Making	Thai Games
11.00-12.00	Design your own T-shirt 350/450 THB						
12.00-13.00	Closed for deep cleaning						
14.00-15.00	Bracelet/ Necklace Making 150/250 THB	Paper Wind Mill	Bracelet/ Necklace Making 150/250 THB	Mask Making	Paper Wind Mill	Bracelet/ Necklace Making 150/250 THB	Umbrella/Fan Painting 350/250 THB
15.00-16.00	Henna Tattoo 150/250 THB	Creative Candle Jel 250 THB	Clay Model Painting 150/250 THB	Canvas Painting 350 THB	Clay Model Painting 150/250 THB	Henna Tattoo 150/250 THB	Canvas Painting 350 THB
16.00-17.00	Basic Thai Language	Thai Dance	Basic Thai Language	Play Time	Thai Dance	Play Time	Thai Origami

Remark

- Fitness center operation time 07:00 - 20:00 hrs.
- Kids club operation time 09:00 - 18:00 hrs. (12.00-13.00 Closed for deep cleaning)
- Outside food and beverage are not permitted entry into The Kids club.
- Reservations request for 1 day in advance for all Sports activities by dialing 2716 Fitness Center or Guest service center dial (0).
- In case of rain (* Outdoor activities will be automatically canceled, , ** will be moved to Yoga Room).
- Private sports activities class THB 800 / person / hr. And THB 450 for kids under 12 years old.
- Prices are net, inclusive of service charge and tax.



ACTIVITIES PROGRAM

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Sunday

Sports Activities

08.00-08.45

Yoga Introduction
200 THB/ at Fitness

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

09.00-09.45

Body Weight Training
200 THB/ at Fitness

16.00-16.45

Social Beach Volleyball
at Beach

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

Kid's Activities @ Kids Club

10.00-11.00

Fancy Crown Making

14.00-15.00

**Bracelet/
Necklace Making**
150/250 THB

11.00-12.00

Design your own T-shirt
350/450 THB

15.00-16.00

Henna Tattoo
150/250 THB

12.00-13.00

Closed for deep cleaning

16.00-17.00

Basic Thai Language

Remark

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Monday

Sports Activities

08.00-08.45

Basic Muay Thai
200 THB / at Fitness

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

09.00-09.45

Mat Pilates
200 THB / at Yaga Room

16.00-16.45

Social Beach Volleyball
at Beach

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

Kid's Activities @ Kids Club

10.00-11.00

Mask Making

14.00-15.00

Paper Wind Mill

11.00-12.00

Design your own T-shirt
350/450 THB

15.00-16.00

**Creative
Candle Jel**
250 THB

12.00-13.00

Closed for deep cleaning

16.00-17.00

Thai Dance

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Tuesday

Sports Activities

08.00-08.45

Beach Jogging

09.00-09.45

Abs Work Out
200 THB/ at Yaga Room

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

16.00-16.45

Social Beach Volleyball
at Beach

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

Kid's Activities @ Kids Club

10.00-11.00

Fancy Crown
Making

11.00-12.00

Design your own T-shirt
350/450 THB

12.00-13.00

Closed for deep cleaning

14.00-15.00

Necklace Making
150/250 THB

15.00-16.00

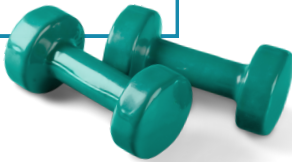
Clay Model Painting
150/250 THB

16.00-17.00

Basic Thai Language

Remark

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ACTIVITIES PROGRAM

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Wednesday

Sports Activities

08.00-08.45

Yoga Introduction
200 THB/ at Yoga Room

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

09.00-09.45

Balance Exercise
200 THB/ at Yaga Room

16.00-16.45

Social Beach Volleyball
at Beach

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

Kid's Activities @ Kids Club

10.00-11.00

Play Time

14.00-15.00

Mask Making

11.00-12.00

Design your own T-shirt
350/450 THB

15.00-16.00

Canvas Painting
350 THB

12.00-13.00

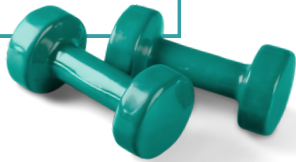
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16.00-17.00

Play Time

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ACTIVITIES PROGRAM

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Thursday

Sports Activities

08.00-08.45

Basic Muay Thai
200 THB/ at Fitness

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

09.00-09.45

Mat Pilates
200 THB/ at Yaga Room

16.00-16.45

Social Beach Volleyball
at Beach

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

Kid's Activities @ Kids Club

10.00-11.00

Fancy Crown Making

14.00-15.00

Paper Wind Mill

11.00-12.00

Design your own T-shirt
350/450 THB

15.00-16.00

Clay Model Painting
150/250 THB

12.00-13.00

Closed for deep cleaning

16.00-17.00

Thai Dance

Remark

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Friday

Sports Activities

08.00-08.45

Yoga Introduction
200 THB/ at Yoga Room

14.00-15.00

Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness

09.00-09.45

Balance Exercise
200 THB/ at Yaga Room

16.00-16.45

Social Beach Volleyball
at Beach

10.30-11.00

Fish Feeding
at Lagoon in front of Splash Kitchen

17.00-17.30

Fish Feeding
at Lagoon in front of Splash Kitchen

11.00-12.00

Aqua Exercise
at Main Pool

Kid's Activities @ Kids Club

10.00-11.00

Mask Making

14.00-15.00

Necklace Making
150/250 THB

11.00-12.00

Design your own T-shirt
350/450 THB

15.00-16.00

Henna Tattoo
150/250 THB

12.00-13.00

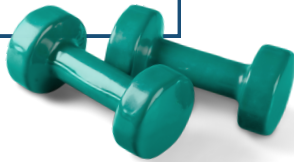
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16.00-17.00

Play Time

Remark

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ACTIVITIES PROGRAM

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Saturday

Sports Activities

08.00-08.45

Beach Jogging

09.00-09.45

**Full Body Stretching
at Yaga Room**

10.30-11.00

**Fish Feeding
at Lagoon in front of Splash Kitchen**

11.00-12.00

**Aqua Exercise
at Main Pool**

14.00-15.00

**Muay Thai Lesson
400 THB/Guest (Max 4 Guests) at Fitness**

16.00-16.45

**Social Beach Volleyball
at Beach**

17.00-17.30

**Fish Feeding
at Lagoon in front of Splash Kitchen**

Kid's Activities @ Kids Club

10.00-11.00

Thai Games

11.00-12.00

**Design your own T-shirt
350/450 THB**

12.00-13.00

Closed for deep cleaning

14.00-15.00

**Umbrella/Fan
Painting
350/250 THB**

15.00-16.00

**Canvas Painting
350 THB**

16.00-17.00

Thai Origami

Remark

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