

WEEKLY ACTIVITIES SCHEDULE

Sweat now, shine later!

*24 hours booking in advance is required. Please contact your Butler.

	YON / OCEAN HOUSE	HAND CRAFTED AND AFTERNOON TEA	AKOYA / STAR LOUNGE	GYM	SPA
	07:00-23:00 All Day Dining	11:00-17:00	17:00-23:00	24:00 Age Limit : 15 Years Old	10:00-19:00
Monday	*Yoga for Beginners 08:00-09:00 Yoga Studio Host: Noom	*Yoga for Kids 10:00-11:00 Yoga Studio Host: Nut		*Basic Tai Chi 13:00-13:45 Yoga Studio Host: Noom	*Basic Thai Boxing (Adult) 15:00-16:00 Yoga Studio Host: Nut
Tuesday	*Hatha Yoga 08:00-09:00 Yoga Studio Host: Noom	*Kid's Face Painting 10:00-11:00 Yoga Studio Host: Jose	*V Fit (HIIT) 13:00-14:00 Yoga Studio Host: Jose		*Sound Bath Meditation 15:00-16:00 Yoga Studio Host: Noom
Wednesday	*Sunrise Yoga 07:00-08:00 Club 39 (Main Pool) Host: Jose	*Kid's Hand Painting 10:00-11:00 Yoga Studio Host: Noom		*Basic Thai Boxing (Adult) 13:00-14:00 Yoga Studio Host: Noom	*Ashtanga Yoga Begginers 15:00-16:00 Yoga Studio Host: Jose
Thursday	*V Shine Yoga (Vinyasa) 08:00-09:00 Yoga Studio Host: Jose	*Kid's Thai Boxing 10:00-11:00 Yoga Studio Host: Noom	*Pearl Farm Visit 13:00-14:00 Meeting Place: Lobby Host: Jose	*Hatha Yoga 14:00-15:00 Yoga Studio Host: Nut	*Floating Sound Bath Meditation 17:00-18:00 Club 39 (Main Pool) Host: Jose
Friday	*Hatha Yoga 08:00-09:00 Yoga Studio Host: Jose	*Kid's Batik Painting 10:00-11:00 Yoga Studio Host: Nut (600 THB)		*Yin Yoga 14:00-15:00 Yoga Studio Host: Jose	*Mat Pilates 16:00-17:00 Yoga Studio Host: Nut
Saturday	*Sunrise Yoga 07:00-08:00 Club 39 (Main Pool) Host: Jose	*Kid's Bracelet Making 10:00-11:00 Yoga Studio Host: Nut (300 THB)	*Zumba Dance Fitness 13:00-14:00 Yoga Studio Host: Jose		*Basic Thai Boxing (Adult) 15:00-16:00 Yoga Studio Host: Nut
Sunday	*Yoga for Beginners 08:00-09:00 Yoga Studio Host: Noom	*Kid's Ceramic Painting 10:00-11:00 Yoga Studio Host: Nut (300 THB)		*Sound Bath Meditation 13:00-14:00 Yoga Studio Host: Noom	*Nature Walk 15:00-16:00 Meeting Place: Lobby Host: Nut

- Private Yoga & Thai Boxing Session are available upon request for THB 1,500++ / Person / Class.
- Kayak & Stand-Up Paddle Board available from 9:00 to 2:00 PM

- In-Villa activities, one booking at a time.
- Kindly dial 7110 for more information.

- All activities are subject to change and / or cancellation, based on weather condition and without prior notice.