

Guest Activities

OUTRIGGER

KOH SAMUI BEACH RESORT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9 AM	<p>Morning Yoga* (Edgewater Beach Front Pool)</p> <p>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</p>	<p>Morning Meditation* (Edgewater Beach Front Pool)</p> <p>Mind and body practice to increase calmness and physical relaxation, improving psychological balance and enhancing overall well-being.</p>	<p>Beach Tai - Chi* (Edgewater Beach Front Pool)</p> <p>Slow, rhythmic and meditative body movements designed to help you find peace and calm.</p>	<p>Bodyweight Workout* (Edgewater Beach Front Pool)</p> <p>No equipment required for these bodyweight exercises which allow you to build strength, burn fat, prevent injuries, and boost overall fitness.</p>	<p>Beach Pilates* (Edgewater Beach Front Pool)</p> <p>Precise moves and specific breathing techniques allow you to wind down for the day.</p>	<p>Morning Yoga* (Edgewater Beach Front Pool)</p> <p>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</p>	<p>Beach Run* (Edgewater Beach Front Pool)</p> <p>Join our sport and recreation team for a run along the beautiful beaches of Lamai. We will run at your pace. All levels welcomed.</p>
9-10 AM	<p>Basic Thai Boxing* THB 500++ / person (Edgewater Beach Front Pool)</p> <p>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</p>	<p>Basic Thai Boxing* THB 500++ / person (Edgewater Beach Front Pool)</p> <p>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</p>	<p>Basic Thai Boxing* THB 500++ / person (Edgewater Beach Front Pool)</p> <p>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</p>	<p>Morning Stretching* (Edgewater Beach Front Pool)</p> <p>Improve flexibility of your joints whilst increasing muscle control and range of motion. The perfect way to start the day.</p>	<p>Morning Stretching* (Edgewater Beach Front Pool)</p> <p>Improve flexibility of your joints whilst increasing muscle control and range of motion. The perfect way to start the day.</p>	<p>Basic Thai Boxing* THB 500++ / person (Edgewater Beach Front Pool)</p> <p>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</p>	<p>Basic Thai Boxing* THB 500++ / person (Edgewater Beach Front Pool)</p> <p>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</p>
1-2 PM	<p>Canvas Painting** THB 300++/400++/person (Games Room)</p> <p>Spend the afternoon getting in touch with your artist side.</p>	<p>Batik Painting** THB 300++/400++ / person (Games Room)</p> <p>Learn the ancient technique of wax resist dyeing which is applied to cloth that you can take home as a souvenir. Very popular craft in Thailand and Indonesia.</p>	<p>Gel Candle Making** THB 250++ / person (Games Room)</p> <p>Learn how to create beautiful, scented gel candles in just a few easy steps.</p>	<p>Bag Painting** THB 300++ / 400++person (Games Room)</p> <p>Personalize your very own cloth bag with your name or favourite saying to really stand out in the crowd.</p>	<p>Canvas Painting** THB 300++/400++/person (Games Room)</p> <p>Spend the afternoon getting in touch with your artist side.</p>	<p>Batik Painting** THB 300++ /400++ person (Games Room)</p> <p>Learn the ancient technique of wax resist dyeing which is applied to cloth that you can take home as a souvenir. Very popular craft in Thailand and Indonesia.</p>	<p>Gel Candle Making** THB 250++ / person (Games Room)</p> <p>Learn how to create beautiful, scented gel candles in just a few easy steps.</p>
2-3 PM	<p>Thai Language Lesson (Games Room)</p> <p>Want to learn basic Thai greetings and phrases to use during your stay?</p>	<p>Tie Dye T-Shirt** THB 450++ / person (Games Room)</p> <p>Fun with special color to make colorful t-shirt which you can take home.</p>	<p>Aqua Exercise (Edgewater Beach Front Pool)</p> <p>Enjoy a refreshing, invigorating workout for all ages and fitness levels. Low-impact, high-benefit in improving cardiovascular health, building muscle strength, and boosting overall fitness.</p>	<p>Tie Dye T-Shirt** THB 450++ / person (Games Room)</p> <p>Fun with special color to make colorful t-shirt which you can take home.</p>	<p>Thai Language Lesson (Games Room)</p> <p>Want to learn basic Thai greetings and phrases to use during your stay?</p>	<p>Tie Dye T-Shirt** THB 450++ / person (Games Room)</p> <p>Fun with special color to make colorful t-shirt which you can take home.</p>	<p>Aqua Exercise (Edgewater Beach Front Pool)</p> <p>Enjoy a refreshing, invigorating workout for all ages and fitness levels. Low-impact, high-benefit in improving cardiovascular health, building muscle strength, and boosting overall fitness.</p>
4-4:45 PM	<p>Beach Boot Camp* (Edgewater Beach Front Pool)</p> <p>Interval workouts that combine a mix of endurance and strength based movements. Build your muscles and improve your cardiovascular strength.</p>	<p>Beach Volleyball* (Edgewater Beach Front Pool)</p> <p>The soft beach sand and the pristine Gulf of Thailand background create the perfect grounds for a competitive and fun volleyball game against our recreation team.</p>	<p>Beach Football* (Edgewater Beach Front Pool)</p> <p>Kick the ball in the sand and enjoy a friendly game of beach football with our recreation team. All ages are welcome to join.</p>	<p>Beach Boot Camp* (Edgewater Beach Front Pool)</p> <p>Interval workouts that combine a mix of endurance and strength based movements. Build your muscles and improve your cardiovascular strength.</p>	<p>Beach Run* (Edgewater Beach Front Pool)</p> <p>Join our sport and recreation team for a run along the beautiful beaches of Lamai. We will run at your pace. All levels welcomed.</p>	<p>Beach Volleyball* (Edgewater Beach Front Pool)</p> <p>The soft beach sand and the pristine Gulf of Thailand background create the perfect grounds for a competitive and fun volleyball game against our recreation team.</p>	<p>Beach Sepak Takraw* (Edgewater Beach Front Pool)</p> <p>Join us for a Beach Takraw showdown! The game of flying feet, acrobatic dives, and pure seaside exhilaration. It's more than just a sport; it's a cultural adventure on the shores of the Gulf of Thailand!</p>

* Activities will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. ** Activities with a cost are subject to 10% service charge and 7% Government tax. Activities are subject to change. Reservations can be made through our OutriggerKohSamui mobile application. Or please see our Front Office team.