

# RECREATION WEEKLY ACTIVITIES

| MONDAY                                  | TUESDAY                                  | WEDNESDAY   | THURSDAY   | FRIDAY                                   | SATURDAY                                | SUNDAY                                |
|---|--|---|--|--|---|---------------------------------------|
| Functional Training<br>07:00 - 08:00 am | **Neighborhood Cycle<br>07:00 - 08:30 am | Dawn Run (5km, 8km)<br>07:00 - 08:00 am                         | Seaside Trek<br>07:00 - 08:00 am                                     | **Neighborhood Cycle<br>07:00 - 08:30 am | Functional Training<br>07:00 - 08:00 am | Seaside Trek<br>07:00 - 08:00 am      |
| Spinal Stretch<br>08:30 - 09:30 am      | Yoga Basic<br>08:30 - 09:30 am           | Core Pilates<br>08:30 - 09:30 am                                | Spinal Stretch<br>08:30 - 09:30 am                                   | Yoga Basic<br>08:30 - 09:30 am           | Spinal Stretch<br>08:30 - 09:30 am      | Yoga Basic<br>08:30 - 09:30 am        |
| Aqua Play<br>10:00 - 11:00 am           | Cross Fit<br>10:00 - 11:00 am            | Kayak Sights<br>THB 1,000/guest (Max 8 Pax)<br>10:00 - 11:00 am | Land Surf Balance<br>THB 1,000/guest (Max 4 Pax)<br>10:00 - 11:00 am | Local Language<br>10:00 - 11:00 am       | Weight Training<br>10:00 - 11:00 am     | **Boot Camp Basic<br>10:00 - 11:00 am |
| Core Pilates<br>2:00 - 3:00 pm          | Circuit Exercise<br>2:00 - 3:00 pm       | Yoga Basic<br>2:00 - 3:00 pm                                    | Core Pilates<br>3:00 - 4:00 pm                                       | Daily Agility<br>3:00 - 4:00 pm          | **Muay Thai Boxing<br>2:00 - 3:00 pm    | Core Pilates<br>2:00 - 3:00 pm        |
| **Muay Thai Boxing<br>4:00 - 5:00 pm    | Body Stretch<br>4:00 - 5:00 pm           | Firm ABS<br>4:00 - 5:00 pm                                      | **Muay Thai Boxing<br>4:00 - 5:00 pm                                 | Fat Blast<br>4:00 - 5:00 pm              | Interval Training<br>4:00 - 5:00 pm     | Body Stretch<br>4:00 - 5:00 pm        |



Activities marked with \*\* symbol means class has a cost of THB 1,000 per guest and is limited to 6 guests per class.

FOR MORE INFORMATION, PLEASE CONTACT THE FITNESS PAVILION ON EXT. 6954 OR OUR RESORT HOST ON EXT. 333

## PRIVATE ACTIVITIES

- > **MUAY THAI BOXING LESSON**  
1 hour: THB 1,800 per guest, additional guest THB 1,000
- > **SWIMMING LESSON**  
1 hour: THB 1,800 per guest, additional guest THB 1,000
- > **TENNIS LESSON**  
1 hour: THB 1,800 per guest, additional guest THB 1,000
- > **TENNIS KNOCKER**  
1 hour: THB 1,000 per guest
- > **YOGA CLASS**  
1 hour: THB 2,500 per guest, additional guest THB 1,500
- > **SUPER STRETCH SESSION**  
1 hour: THB 2,500 per guest
- > **PRIVATE TRX TRAINING**  
1 hour: THB 2,500 per couple



## SENSE OF PLACE ACTIVITIES

- > **NEIGHBORHOOD CYCLING**  
2-3 hours: THB 2,500 per couple, additional guest THB 800
- > **KAYAK ADVENTURE TOUR**  
2-3 hours: THB 2,000 per couple, additional guest THB 800
- > **CANDLE GEL MAKING**  
1.5 hours: THB 1,000 per guest
- > **UMBRELLA PAINTING**  
1.5 hours: THB 1,000 per guest
- > **FAN PAINTING**  
1.5 hours: THB 1,000 per guest
- > **BATIK PAINTING**  
1.5 hours: THB 1,000 per guest

