

# ADULT ACTIVITIES

Date Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.15	Tai Chi @Beach	Yoga Meditation @Beach	Tai Chi @Beach	Yoga Meditation @Beach	Tai Chi @Beach	Yoga Meditation @Beach	Tai Chi @Beach
09.30	Turtle Bike tour 600 THB/person	Sightseeing 500THB/person	Turtle Bike tour 600 THB/person	Sightseeing 500THB/person	Turtle Bike tour 600 THB/person	Sightseeing 500THB/person	Turtle Bike tour 600 THB/person
11.30	Upper Body Work Out @GYM	Lower Body work out @GYM	HIIT exercise @GYM	Pilates @GYM	Fitball @GYM	ABS work out @GYM	Stretching @GYM
13.00	Aqua Volleyball @Pool	Aqua Tai Chi @Pool	Aqua Fun @pool	Aqua Volleyball @Pool	Aqua Tai Chi @Pool	Aqua Fun @pool	Aqua Volleyball @Pool
15.00	Thai boxing @GYM	Pool Tournament @Beach Bar	Thai boxing @GYM	Petanque Tournament @ Beach	Thai boxing @GYM	Say it in thai @Beach	Pool Tournament @Beach Bar
16.30	Beach Soccer Beach	Beach volleyball Beach	Hatha Yoga Beach	Beach volleyball Beach	Yogilates Beach	Beach volleyball Beach	Beach Soccer Beach

**\* All activities requires minimum of 2 guest**


























**\* The activities above are based on one hour and must be reserved one day in advance**

**\* Venues and programs are subjected to change due to weather condition**

**\* Private Class 600 THB person (couple 1000 THB)**

**\* For more information and reservation, please dial "0" or contact our Guest Service Center**

# KID'S ACTIVITIES

Date Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09.30	Kid's body stretching	Kid's Boot Camp As least 6 yrs.	Kid's Exercise	Kid's body stretching	 Kid's Yoga	Kid's Boot Camp As least 6 yrs.	 Kid's Yoga
11.00	Creative Popsicle	Plaster Model Painting (200 Bath)	Thai Language 	Henna Painting (150 Bath)	Creative Popsicle	Plaster Model Painting (200 Bath)	Animal Towel Folding
12.00							
14.00	 Origami	Animal Towel Folding	Creative Pencil Case	 Origami	Paper Spinner	Hanging Mobile Art	Thai Language 
15.00	Gel candle Making (200 Bath)	Magic Beads Art (150 Bath)	Cap Painting (200 Bath)	Magic Beads Art (150 Bath)	Gel candle Making (200 Bath)	Cap Painting (200 Bath)	Henna Painting (150 Bath)
16.00	Kid's Thai Boxing  As least six years old	Petanque 	 Beach Exercise	Candy Hunt	Kid's Thai Boxing  As least six years old	Petanque 	Nature Walk
17.00	Coaster Weaving	Greeting Card Making	Paper Spinner	Hanging Mobile Art	Coaster Weaving	Greeting Card Making	Creative Pencil Case
18.00	Movie Time 	Movie Time 	Movie Time 	Movie Time 	Movie Time 	Movie Time 	Movie Time 

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