



ACTIVITIES PROGRAM

- The Arke is the best solution for full freedom of movement to perform activities in the best possible way. As well as to achieve optimum physical fitness, coordination, stability, balance, flexibility, strength, speed, cardio and respiratory capacity
- Kinesis is an innovative and unique system that focuses on movement through balance, flexibility, and strength
- Hatha yoga is intermediate level of Yoga for those ready to start taking this form of exercise more seriously. Ha is the sun and Tha is the moon
- Early Yoga is an introduction to yoga. A class that teaches you how to breathe in yoga style, and how to perform yoga asana (asana is a yoga posture)



PHUKET ARCADIA NAITHON BEACH

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DAILY ACTIVITIES PROGRAM

DATE/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	**YOGA FOR BEGINNERS (THB 400++) AT FIT LOUNGE	**HATHA YOGA (THB 400++) MEET AT FIT LOUNGE	**PILATES WORKOUT (THB 400++) MEET AT FIT LOUNGE	**PILATES WITH BALL (THB 400++) MEET AT FIT LOUNGE	**YOGILATES (THB 400++) MEET AT FIT LOUNGE	**PERSONAL TRAINER (THB 500++) MEET AT FIT LOUNGE	**PRIVATE YOGA (THB 500++) MEET AT FIT LOUNGE
	**BATIK PAINTING, UMBRELLA PAINTING ARE AVAILABLE UPON REQUEST.						
10:00	ABDOMINAL EXERCISE MEET AT FIT LOUNGE	ARKE TRAINING MEET AT FIT LOUNGE	FULL BODY STRETCH MEET AT FIT LOUNGE	BALANCE EXERCISE MEET AT FIT LOUNGE	KINESIS TRAINING* MEET AT FIT LOUNGE	**MUAY THAI LESSON (THB 700++) MEET AT FIT LOUNGE	ELASTIC EXERCISE MEET AT FIT LOUNGE
11:00	ANIMAL TOWELS FOLDING MEET AT FIT LOUNGE	LEARN TO SPEAK THAI MEET AT FLOAT POOL	LEARN INTRODUCTION TO THAI MASSAGE MEET AT FIT LOUNGE	LEAN THAI ORIGAMI MEET AT FLOAT POOL	**THAI DESSERT CLASS (THB 400++) MEET AT FLOAT POOL	**FRUIT CURVING CLASS (THB 400++) MEET AT FLOAT POOL	LEARN THAI CULTURE MEET AT FLOAT POOL
	LIFESTYLE EXCLUSIVE TOUR PACKAGES						
	8:00-12:00	9:00-16:00	9:00-1300	14:00-16:00	16:00-24:00	16:00-20.00	14:00-19:00
	**THAI COOKING CLASS (THB 4,500++) MIN. 2 GUESTS MEET AT LOBBY	**PHANG-NGA BAY TOUR (THB 4,500++) MIN. 2 GUESTS MEET AT LOBBY	**VISIT THE TOP 3 OF PHUKET CHINESE SHRINES (THB 1,200++) MIN. 4 GUESTS MEET AT LOBBY	WALK IN THE RAINFOREST (THB 1,200++) MIN. 4 GUESTS MEET AT LOBBY	THAI BOXING TOUR (THB 6,000++) MIN. 2 GUESTS MEET AT LOBBY	**VISIT PHUKET OLD TOWN & PHUKET NIGHT MARKET TOUR (THB 1,200++) MIN. 4 GUESTS MEET AT LOBBY	**PHUKET DISCOVERY TOUR (THB 4,500++) MIN. 2 GUESTS MEET AT LOBBY
16:00	**MUAY THAI LESSON (THB 700++) MEET AT FIT LOUNGE	**VISIT LOCAL MARKET (THB 500++) MIN. 4 GUESTS MEET AT LOBBY	**PRIVATE YOGA (THB 500++) MEET AT FIT LOUNGE	**VISIT LOCAL MARKET (THB 500++) MIN. 4 GUESTS MEET AT LOBBY	**PRIVATE YOGA (THB 500++) MEET AT FIT LOUNGE	VISIT LOCAL MARKET (THB 500++) MIN. 4 GUESTS MEET AT LOBBY	**PERSONAL TRAINER (THB 500++) MEET AT FIT LOUNGE

TERMS AND CONDITIONS

- ACTIVITIES SHOWN WITH ** ARE CHARGEABLE.
- ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% VAT.
- PRIVATE TRAINING SESSION IS REQUIRED A 24 HOURS BOOKING IN ADVANCE AND CHARGED AT 600++ BAHT/HOUR
- RESERVATION IS REQUIRED FOR ALL ACTIVITIES. TO MAKE A RESERVATION, PLEASE CONTACT OUR LIFESTYLE CREATORS ON EXTENSION 5097.



pullman
HOTELS AND RESORTS

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