

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 AM - 9.00 AM		PILATIES CLASS BASIC Meet @Wing A		YOGA CLASS BASIC Meet @Wing A		TAI-CHI EXERCISE Meet @Front Wing A	
10.00 AM - 11.00 AM	STRETCHING CLASS Meet @Wing A		AQUA AEROBICS Meet @Seafarer Pool		ABDOMINAL WORKOUT Meet @Wing A		
2.00 PM - 3.00 PM	NAPKIN FOLDING Meet @Wing A		BINGO GAME Meet @Wing A		FOLD PANDAN LEAF FLOWER Meet @Wing A		MUAY THAI CLASS BASIC Meet @Wing A
4.00 PM - 5.00 PM		TENNIS TOURNAMENT Meet @Tennis Court		PING-PONG TOURNAMENT Meet @Sai-Thong		PICKLEBALL TOURNAMENT Meet @Pickleball Court	

REMARK

- Advance reservation is recommended
- All activities are on a first-come, first-served basis.
- Activities may be canceled without prior notice due to low participation or adverse weather conditions
- For reservations, please contact the Kids Club or book through the Pullman Assistant app