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Time		Daily Activities
07.00 am		MEDITATION LESSON AT SPA, THB 300++ P/P (BOOKING REQUIRED AT THE TOUR DESK) (EVERY MONDAY / WEDNESDAY / FRIDAY / SUNDAY)
07.00 am		CYCLING TOUR, THB 300++ P/P (BOOKING REQUIRED AT THE TOUR DESK) MOUNTAIN BIKE RENTAL AVAILABLE FOR 1 Hour, THB 150++ P/P, FULL DAY THB 300++ P/P
08.30 am		SPECIAL GROUP GOLF LESSON, THB 600++ P/P (BOOKING REQUIRED AT THE TOUR DESK)
08.30 am		YOGA (MEETING AREA: SPA)  YOGA AT FITNESS CENTRE
10.00 am	 	WATER LESSONS (MEETING AREA: POOL) MONDAY: STAND-UP PADDLE TUESDAY: SNORKELING WEDNESDAY: STAND-UP PADDLE THURSDAY: SNORKELING FRIDAY: STAND-UP PADDLE SATURDAY: SNORKELING SUNDAY: STAND-UP PADDLE
11.45 am		AQUA GYM (MEETING AREA: NEAR KID'S POOL)  CRAZY PING PONG (MEETING AREA: PRE-FUNCTION ROOM)
12.25 pm		SOFIDANCE (MEETING AREA: POOL)  (MEETING AREA: PRE-FUNCTION ROOM)
12.30 pm		MEETING AREA: POOL MONDAY: GOLF CHIPPING TUESDAY: WATER VOLLEYBALL WEDNESDAY: GOLF CHIPPING THURSDAY: STAND-UP PADDLE RACE FRIDAY: GOLF CHIPPING SATURDAY: WATER POLO SUNDAY: STAND-UP PADDLE RACE
3.00 pm		SPA PRODUCTS INFORMATION CLASS FOLLOWED BY THAI MASSAGE DEMO (EVERY FRIDAY) (MEETING AREA: SPA)
3.00 pm		SOFITEL SIGNATURE COOKING LESSON THB 950++ TO THB 1,200++ P/P (ONE DAY ADVANCE BOOKING REQUIRED AT THE TOUR DESK)
3.00 pm		THAI LANGUAGE LESSONS (EVERY TUESDAY / THURSDAY / SATURDAY) (MEETING AREA: EXPLORER BAR)
3.00 pm		THAI BOXING CLASS, THB 350++ P/P (MEETING AREA: FITNESS CENTER) (BOOKING REQUIRED AT TOUR DESK) OR EVERY FRIDAY AT THB 200 NET P/P THAI BOXING PRIVATE LESSON, ANY TIME, INCLUDES SHORTS AND SOUVENIR PHOTO, THB 1,000++ P/P
4.00 pm		PILATES (MEETING AREA: FITNESS CENTRE)
4.30 pm		PARTY SUNSET CRUISE, THB 1,500++ P/P (BOOKING REQUIRED AT THE TOUR DESK)
5.30 pm		LIVE FROZEN SHOW (EVERY FRIDAY) (MEETING AREA: GRAND BALLROOM)
6.30 pm		CANDLE RITUAL (NAGA TRADITIONAL THAI DANCE) (MEETING AREA: LOBBY)
7.30 pm		MOVIE NIGHT (EVERY MONDAY / WEDNESDAY) (MEEYING AREA: GRAND BALLROOM)
06.00 am to 10.00 pm		SAUNA AND STEAM ROOM (MEETING AREA: FITNESS CENTRE / GYM)
07.00 am to last t-off start time 5.30 pm		GOLF GREEN FEE, THB 700++ FOR 9-HOLE P/P GOLF CLUB RENTAL AVAILABLE GOLF PRIVATE LESSONS, GREEN FEE & GOLF CLUBS, THB 2,500++ PER HOUR
09.00 am to 5.00 pm		SAILING LESSONS, THB 300++ (MINIMUM AGE 8 YEARS OLD; BOOKING REQUIRED AT THE TOUR DESK) 1 HOUR SAILING RENTAL, THB 300++ 1 HOUR WINDSURFING LESSON, THB 300++ P/P 1 HOUR WINDSURFING RENTAL, THB 300++ P/P 1 HOUR KAYAK RENTAL, THB 300++ 1 HOUR STAND-UP PADDLE BOARD, THB 300++ P/P
24 Hours		FITNESS CENTRE / GYM OPEN DAILY

• P/P = Per Person • P/C = Per Child • For further information, please contact #6118.
• All prices are subject to 10% service charge and 7% government tax. •  Rainy-day activities





KID'S CLUB WEEKLY ACTIVITIES

Time	Monday GASTRONOMIC DAY 	Tuesday SPORTS DAY 	Wednesday GREEN DAY 	Thursday WELLNESS DAY 	Friday THAI CULTURAL DAY 	Saturday PIRATE DAY 	Sunday COLORFUL DAY 
9.00 am	GEL CANDLE MAKING FROM THB 250++ P/C MEETING AREA: KID'S CLUB	BEGINNER TENNIS LESSON (COMPLIMENTARY FOR AGE 6-12 YEARS) MEETING AREA: KID'S CLUB	PLANET 21 SAVE THE OCEAN COMPLIMENTARY MEETING AREA: KID'S CLUB	MOSAIC FRAME MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	THAI GAME (COMPLIMENTARY) MEETING AREA: KID'S CLUB	SWIMMING LESSON (AGE 6-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB
10.00 am	POOL GAMES MEETING AREA: KID'S POOL						
11.00 am	MINI CHEF PIZZA MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF WAFFLE MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF COOKIES MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF CLUB SANDWICH THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF THAI DESSERT MAKING THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF CUPCAKES DECORATION THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)	MINI CHEF MANGO STICKY RICE THB 350++ P/C MEETING AREA: KID'S CLUB (MUST BOOK 1 DAY IN ADVANCE)
1.00 pm	THAI HERBS KNOWLEDGE (COMPLIMENTARY) MEETING AREA: KID'S CLUB	SAILING LESSON (AGE 8-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	LEARNING ABOUT SHARKS AND SHARK HAT DESIGN COMPLIMENTARY MEETING AREA: KID'S CLUB	HEALTHY BY PRINCESS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI LANGUAGE LESSON (COMPLIMENTARY) MEETING AREA: KID'S CLUB	PIRATE TRUSSURE HUNT (COMPLIMENTARY) MEETING AREA: KID'S CLUB	FLOWER MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
2.00 pm	HAND BAG MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	HANGING MOBILE MAKING (AGE 6-12 YEARS) THB 300++ P/C MEETING AREA: KID'S CLUB	COLOR SAND ART FROM THB 200++ P/C MEETING AREA: KID'S CLUB	CROWN MAKING THB 300++ P/C MEETING AREA: KID'S CLUB	THAI DANCING PRACTICE (COMPLIMENTARY) MEETING AREA: KID'S CLUB	GEL CANDLE MAKING FROM THB 250++ P/C MEETING AREA: KID'S CLUB	FACE PAINTING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
3.00 pm	FRUIT PUPPETS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI BOXING (AGE 6-12 YEARS) THB 350++ P/C MEETING AREA: KID'S CLUB	PANDANUS ROSE MAKING COMPLIMENTARY MEETING AREA: KID'S CLUB	BRACELET MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI SOUVENIR FOR FAMILY UMBRELLA PAINTING THB 400++ P/C	PIRATE T-SHIRT PAINTING THB 400++ P/C MEETING AREA: KID'S CLUB	PHOTO FRAME DESIGN THB 300++ P/C
4.00 pm	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB	MINI OLYMPIC GAME MEETING AREA: POOL GARDEN	BAG PAINTING FROM THB 350++ P/C MEETING AREA: KID'S CLUB	PLASTER CHARACTER PAINTING THB 200++ P/C MEETING AREA: KID'S CLUB	BATIK PAINTING THB 300++ P/C MEETING AREA: KID'S CLUB		BAG PAINTING THB 250++ P/C MEETING AREA: KID'S CLUB
5.00 pm	YOGA (COMPLIMENTARY) MEETING AREA: KID'S CLUB	ORIGAMI (COMPLIMENTARY) MEETING AREA: KID'S CLUB	AEROBICS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	FLOWER MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB	THAI'S KIDS SHOW MEETING AREA: KID'S CLUB LIVE FROZEN SHOW Time: 5.30 pm MEETING AREA: GRAND BALLROOM	AEROBICS (COMPLIMENTARY) MEETING AREA: KID'S CLUB	MASK MAKING (COMPLIMENTARY) MEETING AREA: KID'S CLUB
6.00 pm	KID'S CINEMA MEETING AREA: KID'S CLUB	SPINNER DESIGN (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB	BINGO GAME (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB	BOOKMARK DESIGN (COMPLIMENTARY) MEETING AREA: KID'S CLUB	KID'S CINEMA MEETING AREA: KID'S CLUB

BABYSITTING IS AVAILABLE ON REQUEST

• P/C = Per Child

• For further information, please contact #6820. • All prices are subject to 10% service charge and 7% government tax.

