

Weekly Activities



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	SUNRISE BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	FAMILY NATURE HIKE MEETING AREA: FITNESS	SUNRISE BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNRISE BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	FAMILY NATURE HIKE MEETING AREA: FITNESS	SUNRISE BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNRISE BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS
8:15 am	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA	HATHA YOGA MEETING AREA: SPA
10:00 am	SAILING LESSON MEETING AREA: BEACH	STAND-UP PADDLE BOARD LESSON MEETING AREA: POOLSIDE	SAILING LESSON MEETING AREA: BEACH	STAND-UP PADDLE BOARD LESSON MEETING AREA: POOLSIDE	SAILING LESSON MEETING AREA: BEACH	STAND-UP PADDLE BOARD LESSON MEETING AREA: POOLSIDE	SAILING LESSON MEETING AREA: BEACH
10:30 am	GOLF LESSON MEETING AREA: GOLF COURSE (MAXIMUM 8 PEOPLE)	PADEL TENNIS LESSON MEETING AREA: PADEL COURT (MAXIMUM 8 PEOPLE)	GOLF LESSON MEETING AREA: GOLF COURSE (MAXIMUM 8 PEOPLE)	TENNIS LESSON MEETING AREA: FITNESS (MAXIMUM 8 PEOPLE)	GOLF LESSON MEETING AREA: GOLF COURSE (MAXIMUM 8 PEOPLE)	TENNIS LESSON MEETING AREA: FITNESS (MAXIMUM 8 PEOPLE)	PADEL TENNIS LESSON MEETING AREA: PADEL COURT (MAXIMUM 8 PEOPLE)
11:00 am	← UNDERWATER SCOOTER DEMO MEETING AREA: POOLSIDE		UNDERWATER SCOOTER DEMO MEETING AREA: POOLSIDE			→ UNDERWATER SCOOTER DEMO MEETING AREA: POOLSIDE	
11:45 am	← AQUA AEROBICS CLASS MEETING AREA: POOLSIDE		AQUA AEROBICS CLASS MEETING AREA: POOLSIDE			→ AQUA AEROBICS CLASS MEETING AREA: POOLSIDE	
3:00 pm	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE	THAI BOXING CLASS MEETING AREA: SALA MAPRAO AGES 13 YEARS & ABOVE
4:00 pm	THAI LANGUAGE LESSON MEETING AREA: EXPLORER BAR	THAI LANGUAGE LESSON MEETING AREA: EXPLORER BAR	FAMILY NATURE HIKE MEETING AREA: CONCIERGE DESK	THAI LANGUAGE LESSON MEETING AREA: EXPLORER BAR	THAI LANGUAGE LESSON MEETING AREA: EXPLORER BAR		FAMILY NATURE HIKE MEETING AREA: CONCIERGE DESK
4:30 pm	PADEL TENNIS TOURNAMENT MEETING AREA: PADEL COURT	PING PONG TOURNAMENT MEETING AREA: SALA MAPRAO	PADEL TENNIS TOURNAMENT MEETING AREA: PADEL COURT	PING PONG TOURNAMENT MEETING AREA: SALA MAPRAO	PICKLE BALL TOURNAMENT MEETING AREA: TENNIS COURT	H2O SUNSET FOAM PARTY MEETING AREA: POOLSIDE	PING PONG TOURNAMENT MEETING AREA: SALA MAPRAO
5:15 pm	SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS	SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS		SUNSET BIKE TOUR THB 350++ / PERSON MEETING AREA: FITNESS
6:15 pm	← CANDLE RITUAL DANCE MEETING AREA: LOBBY		CANDLE RITUAL DANCE MEETING AREA: LOBBY			→ CANDLE RITUAL DANCE MEETING AREA: LOBBY	
7:30 pm		TRIVIA NIGHT MEETING AREA: LOBBY		TRIVIA NIGHT MEETING AREA: LOBBY			MUSIC TRIVIA NIGHT MEETING AREA: LOBBY

Subject to weather conditions. If rain contact Leisure Concierge for liquid sunshine program.

For more information, please contact #6118.

