



ADULT'S ACTIVITIES PROGRAM

DATE TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30AM - 08.00AM	-	** EARLY BIRD YOGA BY THE POOL	-	** EARLY BIRD YOGA BY THE POOL	-	** EARLY BIRD YOGA BY THE POOL	-
09.30AM - 10.00 AM	PILATES MAXIMUM 4 GUESTS	-	FULL BODY STRETCHING MAXIMUM 4 GUESTS	-	PILATES MAXIMUM 4 GUESTS	-	FULL BODY STRETCHING MAXIMUM 4 GUESTS
10.30AM - 11.00AM	** WATER YOGA	** AQUA AEROBIC	** WATER TAI CHI	** AQUA AEROBIC	** WATER YOGA	** AQUA AEROBIC	** WATER TAI CHI
2.30PM - 3.00PM	ABDOMINAL EXERCISE MAXIMUM 4 GUESTS	MUAY THAI CLASS (THAI BOXING) MAXIMUM 4 GUESTS	WEIGHT TRAINING MAXIMUM 4 GUESTS	MUAY THAI CLASS (THAI BOXING) MAXIMUM 4 GUESTS	ABDOMINAL EXERCISE MAXIMUM 4 GUESTS	MUAY THAI CLASS (THAI BOXING) MAXIMUM 4 GUESTS	WEIGHT TRAINING MAXIMUM 4 GUESTS
3.30PM - 4.00PM	PETANQUE COMPETITION	TABLE TENNIS COMPETITION	PETANQUE COMPETITION	TABLE TENNIS COMPETITION	PETANQUE COMPETITION	TABLE TENNIS COMPETITION	PETANQUE COMPETITION
4.30PM - 5.00PM	** WATER VOLLEY BALL	** WATER POLO	** WATER BASKETBALL	** WATER POLO	** WATER VOLLEY BALL	** WATER POLO	** WATER BASKETBALL

REMARK:

- ALL ACTIVITIES ARE COMPLIMENTARY.
- RESERVATION IS NECESSARY FOR ALL ACTIVITIES.
- ACTIVITIES WITH ** ARE SUBJECTED TO THE WEATHER CONDITION.
- PRIVATE LESSON (350 THB. PER HOUR FOR ONE PERSON) IS AVAILABLE FROM 08.00 – 18.00 ON YOUR REQUESTED.
- FOR MORE INFORMATION PLEASE FEEL FREE TO CONTACT US DIRECTLY VIA EXTENSION NUMBER 3418



KID'S ACTIVITIES PROGRAM

DATE TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30AM- 10:00AM	KIDS YOGA	KIDS AEROBIC	KIDS THAI BOXING CLASS	KIDS AEROBIC	KIDS YOGA	KIDS AEROBIC	KIDS THAI BOXING CLASS
10:00AM- 11:00AM	* COLORFUL DOUGH MAKING BY THE POOL THB 100	FISH MOBILE MAKING BY THE POOL	PLASTER DOLL PAINTING BY THE POOL	* GEL CANDLE MAKING BY THE POOL THB 100	FISH MOBILE MAKING BY THE POOL	PLASTER DOLL PAINTING BY THE POOL	* GEL CANDLE MAKING BY THE POOL THB 100
11:00AM- 12:00PM	CROWN MAKING	BOOKMARK MAKING	ORIGAMI PAPER	CROWN MAKING	TIE-DYE HANDKERCHIEF	BOOKMARK MAKING	ORIGAMI PAPER
1:00PM- 2:00PM	POPSICLE MAKING	* CUPCAKE DECORATION THB 100	* PIZZA DECORATION THB 150	POPSICLE MAKING	* CUPCAKE DECORATION THB 100	* PIZZA DECORATION THB 150	AQUARIUM PAPER PLATE MAKING
2:00PM- 3:00PM	** POOL BOXING	** WALK ON THE WATER BALL	** FOAM PARTY	** POOL BOXING	** POOL SCAVENGER HUNT	** WALK ON THE WATER BALL	** FOAM PARTY
3:00PM- 4:00PM	BALLOON ART	FACE PAINTING	MASK MAKING	TISSUE ROLL MINION	FACE PAINTING	MASK MAKING	TISSUE ROLL MINION
4:00PM- 5:00PM	GIANT SNAKES AND LEADERS BY THE POOL	TREASURE HUNT AROUND THE HOTEL	MINI BASKETBALL BY THE POOL	GIANT SNAKES AND LEADERS BY THE POOL	TREASURE HUNT AROUND THE HOTEL	MINI BASKETBALL BY THE POOL	** SANDCASTLE COMPETITION

REMARK:

- ACTIVITIES WITH * ARE CHARGEABLE
- ACTIVITIES WITH ** ARE SUBJECTED TO THE WEATHER CONDITION
- FOR MORE INFORMATION PLEASE FEEL FREE TO CONTACT US DIRECTLY VIA EXTENSION NUMBER 3418

