



LIFESTYLE

ACTIVITIES



pullman
HOTELS AND RESORTS

PHUKET PANWA BEACH RESORT

ACTIVITIES FOR KIDS

MONDAY



- 10.00AM – 11.00AM BRACELET MAKING
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM 3D PAPER ART
- 02.00PM – 03.00PM LEARN THAI WRITING/BALLOON ART
- 03.00PM – 04.00PM PLASTER DOLL PAINTING*
- 04.00PM – 05.00PM CREATIVE CARD

TUESDAY



- 10.00AM – 11.00AM ORIGAMI
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM VOLLEY BALLOON
- 02.00PM – 03.00PM LEARN THAI WRITING/FUN GAMES
- 03.00PM – 04.00PM BATIK PAINTING**
- 04.00PM – 05.00PM DREAM CATCHER MAKING

WEDNESDAY



- 10.00AM – 11.00AM BALLOON ART
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM BRACELET MAKING
- 02.00PM – 03.00PM LEARNING THAI WRITING/COMPUTER GAME
- 03.00PM – 04.00PM UMBRELLA PAINTING*
- 04.00PM – 05.00PM NATURE ART

THURSDAY



- 10.00AM – 11.00AM 3D DRAWING
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM PAPER MACHE
- 02.00PM – 03.00PM LEARNING THAI WRITING/3D PAPER ART
- 03.00PM – 04.00PM SAND & GEL CANDLE**
- 04.00PM – 05.00PM SWAN ORIGAMI

FRIDAY



- 10.00AM – 11.00AM BRACELET MAKING
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM DRAWING & COLOURING
- 02.00PM – 03.00PM LEARNING THAI WRITING/COMPUTER GAME
- 03.00PM – 04.00PM NAIL PAINTING**
- 04.00PM – 05.00PM DREAM CATCHER MAKING

SATURDAY

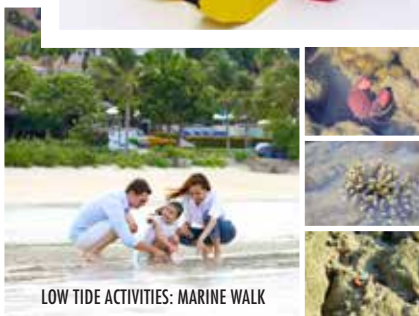


- 10.00AM – 11.00AM ORIGAMI
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM LEARN THAI WRITING
- 02.00PM – 03.00PM 3D DRAWING
- 03.00PM – 04.00PM CLAY ART*
- 04.00PM – 05.00PM PHOTO FRAMING MAKING

SUNDAY



- 10.00AM – 11.00AM BALLOON ART
- 11.00AM – 12.00PM OUTDOOR ACTIVITY
- 01.00PM – 02.00PM BRACELET MAKING
- 02.00PM – 03.00PM LEARN THAI WRITING/3D DRAWING
- 03.00PM – 04.00PM FAN PAINTING**
- 04.00PM – 05.00PM TREASURE HUNT



LOW TIDE ACTIVITIES: MARINE WALK

Terms and Conditions:

- Kids Club activities are available for kids ages 4 – 12.
- These are current activities. The hotel has the right to change any activities without prior notice.
- For baby sitting service, reservation should be made at least 1 day in advance with a Kids Club attendant or please dial 0 for more information.
- Bracelet making for kid over 10 years old.

KIDS CLUB

Location : next to Pullman Fit & Garden View Pool
Open hours : 09.00AM – 06.00PM

**THB150 per kid

**THB200 per kid

ACTIVITIES FOR ADULTS

MONDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH

TUESDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH

WEDNESDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH

THURSDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH

FRIDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH
FROM 08.00PM ONWARD MOVIE NIGHT @THE JUNCTION

SATURDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH

SUNDAY

08.00AM – 09.00AM YOGA CLASS FOR BEGINNER @THE JUNCTION NEST
11.00AM – 12.00PM AQUA GYM @SEA VIEW POOL
01.30PM – 02.00PM PING PONG COMPETITION @SEA VIEW POOL
02.00PM – 02.30PM POOL TABLE COMPETITION @THE JUNCTION
02.30PM – 03.00PM GROUP THAI BOXING @BEACH
03.00PM – 04.00PM BEACH VOLLEYBALL COMPETITION @BEACH
04.00PM – 05.00PM PÉTANQUE COMPETITION @BEACH
FROM 08.00PM ONWARD MOVIE NIGHT @THE JUNCTION



Terms and Conditions:

- The above classes are provided for all in-house guests with our compliments.
- Activity charge: Advance Thai Boxing THB500 with Thai Boxing Master certificate.
- Please see the tide table next to Edge Beach Club for the teenager activities.
- Booking is required at least one day in advance.
- All activities are subject to change based on weather conditions.



JOIN THE MOVEMENT

PULLMANFIT



pullman
HOTELS AND RESORTS