

ADULTS ACTIVITIES SCHEDULE

Day to Day Sea-gnature Activities
Check-out the tide table to pick your favorite!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Make your Own Sunrise Jogging Session – 5km <i>Check the jogging map with our lifestyle team to start the day on the right foot</i>						
8am	Stay in shape and remain balanced with our morning Yoga session @Junction						
9.30am	30min Flying Disc @Beach	30min Pilates @Junction	30min Skipping Rope @Beach	30min Abs @Junction	30min Flying Disc @Beach	5 Essential ¹ Balance Board @Beach	30min Skipping Rope @Beach
10am	Private ² Advanced Thai Boxing Session @Beach THB1,000	Badminton @Beach	Private ² Advanced Thai Boxing Session @Beach THB1,000	Badminton @Beach	Private ² Advanced Thai Boxing Session @Beach THB1,000	Badminton @Beach	Group Basic ¹ Thai Boxing Session @Beach THB500
11am	Aqua Gym @Seaside Pool						
12.30pm	Barista** Class @Junction THB700	Pastry Class ² @Aqua THB500	Gourmet ² Burgers Class @Aqua THB500	Family Pizza ² Making Class @Edge THB500	Barista** Class @Junction THB700	Pastry Class ² @Aqua THB500	Family Pizza ² Making Class @Edge THB500
2pm	Cocktail** Making Class @Junction THB1,200	Pool Table @Junction	Group Basic ¹ Thai Boxing Session @Beach THB500	Thai ^{2*} Cooking Class @Aqua THB2,500	Mocktail ^{1**} Making Class @Junction THB700	Thai ^{2*} Cooking Class @Aqua THB2,500	Sunday Ice Cream @Edge THB300
4pm	Beach ¹ Volleyball @Beach	Aqua ¹ Volleyball @Seaside Pool	Pétanque @Beach	Table Tennis ³ @Seaside Pool	Beach ¹ Volleyball @Beach	Aqua ¹ Volleyball @Seaside Pool	Table Tennis ³ @Seaside Pool



Water Sport Activities

Sailing Catamaran Rental
Private Sailing Lesson
Kayaking and Standup Paddle Boarding

THB500/hour
THB1,000/hour
FREE

- ¹ Teenager Recommended Activity
- ² One day book in advance before 6pm
- ³ Challenge our team, Win and Get the Reward of the Day
- * Date adjustable for Cooking Class
- ** Price per person with 2 glasses of drinks



KIDS ACTIVITIES SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Floating Fishing Game	Castle Discovery	Floating Fishing Game	Flower Making	Floating Fishing Game	Flower Making	Floating Fishing Game
10am	Bracelet Making	Origami	Balloon Art	3D Drawing	Bracelet Making	Sock Doll Making	Balloon Art
11am	<i>Discovery OUTDOOR ACTIVITY</i> Treasure Hunt & Scavenger Game Group Activity Catamaran Discovery (max 5 kids) THB200 per person (10 years old up)						
12.30pm	Lunch Break. Discover our resort Kids Menu through the Pullman Personal Assistant. Bon Appétit.						
2pm	3D Paper Art	Volley Balloon	Bracelet Making	Paper Mache	Drawing & Coloring	Learn Thai Writing	3D Drawing
3pm	Plaster Doll* Painting	Batik* Painting	Umbrella* Painting	Sand & Gel* Candle	Nail Painting*	Clay Art*	Fan Painting*
4pm	Creative Card	Dream Catcher Making	Nature Art	Flower Making	Dream Catcher Making	Photo Framing Making	Treasure Hunt
5pm	Let's Play Uno	Let's Play 4 In Row	Let's Play Jenga-a	Let's Learn Rubik's Cube	Let's Play Catch	Let's Play Uno	Let's Play Jenga-a



SAPPAROT KIDS CLUB

Location : next to Pullman Fit & Garden View Pool

Open hours : 9am – 6pm

Kids pool with slider available from 10am – 6pm

* Starting from THB200 per activity

** Babysitting available on request, THB250 net per hour

"Dine In Peace" Kids movie available @Junction with Free Pop Corn

