

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
6.30am		Sunrise² Jogging <i>meet @Lobby</i>		Sunrise² Jogging <i>meet @Lobby</i>			Sunrise² Jogging <i>meet @Lobby</i>
8am	Stay in shape and remain balanced with our morning Yoga session @Junction						
9am	Garden Tour <i>meet @Lobby</i>	30min Pilates <i>@The Junction Nest</i>	30min Skipping Rope <i>@Beach</i>	30min Abs <i>@The Junction Nest</i>	Garden Tour <i>meet @Lobby</i>	5 Essential¹ Balance Board <i>@Beach</i>	30min Skipping Rope <i>@Beach</i>
10am	Private² Advanced Thai Boxing Session <i>@Beach THB1,000</i>	Badminton <i>@Beach</i>	Private² Advanced Thai Boxing Session <i>@Beach THB1,000</i>	Badminton <i>@Beach</i>	Private² Advanced Thai Boxing Session <i>@Beach THB1,000</i>	Badminton <i>@Beach</i>	Group Basic² Thai Boxing Session <i>@Beach THB500</i>
11am	Aqua Exercise @Seaside Pool						
12.30pm	Learn to² Speak Thai <i>@The Junction</i>	Pastry Class² <i>@Aqua</i> THB500	Gourmet² Burgers Class <i>@Aqua THB500</i>	Family Pizza² Making Class <i>@Edge THB500</i>	Learn to² Speak Thai <i>@The Junction</i>	Pastry Class² <i>@Aqua</i> THB500	Family Pizza² Making Class <i>@Edge THB500</i>
2pm	Cocktail^{2**} Making Class <i>@The Junction</i> THB1,200	Group Basic² Thai Boxing Session <i>@Beach THB500</i>	Aqua Volleyball <i>@Seaside Pool</i>	Thai Cooking^{2*} Class <i>@Tamarind</i> THB2,500	Mocktail^{1**2} Making Class <i>@The Junction</i> THB700	Thai Cooking^{2*} Class <i>@Tamarind</i> THB2,500	Aqua Volleyball <i>@Seaside Pool</i>
4pm	Barista Class^{2**} <i>@The Junction</i> THB700	Beach¹ Volleyball <i>@Beach</i>	Beach Soccer¹ <i>@Beach</i>	Pool Table³ Tournament <i>@The Junction</i>	Barista Class^{2**} <i>@The Junction</i> THB700	Beach¹ Volleyball <i>@Beach</i>	Pool Table³ Tournament <i>@The Junction</i>



Water Sport Activities

Sailing Catamaran Rental
Private Sailing Lesson
Standup Paddle Boarding
Kayaking

THB500/hour
THB1,000/hour
Complimentary
Complimentary

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



NEW Highlight Activities

Water Wheel Roller
Available daily 2-4pm
@Seaside Pool



TEENAGERS ACTIVITIES SCHEDULE

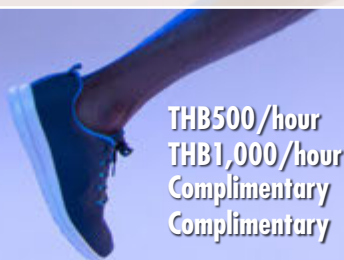
(13-18 Years Old)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Sunrise² Jogging <i>meet @Lobby</i>		Sunrise² Jogging <i>meet @Lobby</i>			Sunrise² Jogging <i>meet @Lobby</i>
8am	Stay in shape and remain balanced with our morning Yoga session @Junction						
9am	Garden Tour <i>meet @Lobby</i>	Learn to² Speak Thai <i>@The Junction</i>	Pétanque³ Tournament <i>@Beach</i>	Badminton <i>@Beach</i>	Garden Tour <i>meet @Lobby</i>	Badminton <i>@Beach</i>	Pétanque³ Tournament <i>@Beach</i>
10am	Draught³ Competition <i>@The Junction</i>	Group Basic² Thai Boxing Session <i>@Beach</i> THB500	Napkin² Folding Skill <i>@The Junction</i>	Group Basic² Thai Boxing Session <i>@Beach</i> THB500	Draught³ Competition <i>@The Junction</i>	Group Basic² Thai Boxing Session <i>@Beach</i> THB500	Dart³ Tournament <i>@Beach</i>
11am	Aqua Exercise @Seaside Pool						
2pm	Kayaking Competition <i>@Beach</i>	Sailing Time* <i>(high tide)</i> <i>@Beach</i>	Aqua Volleyball <i>@Seaside Pool</i>	Candle Gel Making <i>@Kids Club</i> THB350	Kayaking Competition <i>@Beach</i>	Sailing Time* <i>(high tide)</i> <i>@Beach</i>	Aqua Volleyball <i>@Seaside Pool</i>
4pm	Beach Volleyball <i>friendly match</i> <i>@Beach</i>	Air Gun³ Shooting Tournament <i>@Beach</i>	Mini³ Ping Pong Tournament <i>@The Junction</i>	Pool Table³ Tournament <i>@The Junction</i>	Air Gun³ Shooting Tournament <i>@Beach</i>	Mini³ Ping Pong Tournament <i>@The Junction</i>	Pool Table³ Tournament <i>@The Junction</i>
5pm	Marine Walk* (low tide) @Beach						



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* Please check the tide table in advance



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 9am – 6pm

* Starting from THB200 per activity.

** Babysitting available on request, THB250 net per kid per hour.

One day book in advance before 6pm.

Minimum 2 hours. Maximum 2 kids per nanny.



12/16/2018
 Mithi Pandey
 21 JAN 19
 DAOTEMFAH
 28 OCT 20
 DIANA & NADIA
 21/10/18



RAINY DAY ACTIVITIES SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Stay in shape and remain balanced with our morning Yoga session @Junction						
9am	30min Abs @The Junction Nest	30min Pilates @The Junction Nest	5 Essential¹ Balance Board @The Junction Nest	30min Abs @The Junction Nest	30min Pilates @The Junction Nest	5 Essential¹ Balance Board @The Junction Nest	30min Pilates @The Junction Nest
10am	Private² Advanced Thai Boxing Session @The Junction Nest THB1,000	Draught Competition @The Junction	Private² Advanced Thai Boxing Session @The Junction Nest THB1,000	Basic Flower² Arrangement @The Junction	Private² Advanced Thai Boxing Session @The Junction Nest THB1,000	30min Pilates @The Junction Nest	Draught Competition @The Junction
2pm	Cocktail^{2**} Making Class @The Junction THB1,200	Mini Ping Pong Tournament @The Junction	Group Basic² Thai Boxing Session @The Junction Nest THB500	Thai Cooking^{2*} Class @Tamarind THB2,500	Mocktail^{1**2} Making Class @The Junction THB700	Thai Cooking^{2*} Class @Tamarind THB2,500	Mini Ping Pong Tournament @The Junction
4pm	Private² Advanced Pilates Class @The Junction Nest THB1,000	Pool Table³ Tournament @The Junction	Private² Advanced Yoga Class @The Junction Nest THB1,000	Pool Table³ Tournament @The Junction	Body Stretching Class @The Junction Nest	Private² Advanced Pilates Class @The Junction Nest THB1,000	Private² Advanced Yoga Class @The Junction Nest THB1,000



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** Price per person with 2 glasses of drinks