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		Sunrise ² Jogging meet @Lobby		Sunrise ² Jogging meet @Lobby			Sunrise ² Jogging meet @Lobby		
8am		Stay in shape and remain balanced with our morning Yoga session @Junction							
9am	Garden Tour meet @Lobby	30min Pilates @The Junction Nest	30min Skipping Rope @Beach	30min Abs @The Junction Nest	Garden Tour meet @Lobby	5 Essential Balance Board @Beach	30min Skipping Rope @Beach		
10am	Private ² Advanced Thai Boxing Session @Beach THB 1,000	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 ² Thai Boxing Session @Beach THB 500		
11am	Aqua Exercise @Seaside Pool								
12.30pm	Learn to ² Speak Thai @The Junction	Pastry Class ² @Aqua THB500	Gourmet ² Burgers Class @Aqua THB 500	Family Pizza ² Making Class @Edge THB500	Learn to ² Speak Thai @The Junction	Pastry Class ² @Aqua THB500	Family Pizza ² Making Class <i>@Edge</i> THB 500		
2pm	Cocktail ^{2**} Making Class @The Junction THB1,200	Group Basic ² Thai Boxing Session @Beach THB 500	Aqua Volleyball @Seaside Pool	Thai Cooking ^{2*} Class @Tamarind THB2,500	Mocktail ^{1**2} Making Class <i>@The Junction</i> THB700	Thai Cooking ^{2*} Class @Tamarind THB2,500	Aqua Volleyball @Seaside Pool		
4pm	Barista Class ^{2**} <i>@The Junction</i> THB700	Beach ¹ Volleyball <i>@Beach</i>	Beach Soccer ¹ @Beach	Pool Table ³ Tournament @The Junction	Barista Class ^{2**} <i>@The Junction</i> THB700	Beach ¹ Volleyball <i>@Beach</i>	Pool Table ³ Tournament @The Junction		



Water Sport Activities

Sailing Catamaran Rental Private Sailing Lesson Standup Paddle Boarding Kayaking

THB500/hour THB1,000/hour Complimentary Complimentary

¹ Teenager Recommended Activity

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		Sunrise ² Jogging meet @Lobby		Sunrise ² Jogging meet @Lobby			Sunrise ² Jogging meet @Lobby			
8am		Stay in shape and remain balanced with our morning Yoga session @Junction								
9am	Garden Tour meet @Lobby	Learn to ² Speak Thai @The Junction	Pétanque ³ Tournament @Beach	Badminton @Beach	Garden Tour meet @Lobby	Badminton @Beach	Pétanque ³ Tournament @Beach			
10am	Draught ³ Competition @The Junction	Group Basic ² Thai Boxing Session @Beach THB500	Napkin ² Folding Skill @The Junction	Group Basic ² Thai Boxing Session @Beach THB500	Draught ³ Competition @The Junction	Group Basic ² Thai Boxing Session @Beach THB500	Dart ³ Tournament <i>@Beach</i>			
11am	Aqua Exercise @Seaside Pool									
2pm	Kayaking Competition @Beach	Sailing Time* (high tide) @Beach	Aqua Volleyball @Seaside Pool	Candle Gel Making <i>@Kids Club</i> THB350	Kayaking Competition @Beach	Sailing Time* (high tide) @Beach	Aqua Volleyball @Seaside Pool			
4pm	Beach Volleyball friendly match @Beach	Air Gun ³ Shooting Tournament @Beach	Mini ³ Ping Pong Tournament @The Junction	Pool Table ³ Tournament @The Junction	Air Gun ³ Shooting Tournament @Beach	Mini ³ Ping Pong Tournament @The Junction	Pool Table ³ Tournament @The Junction			
5pm	Marine Walk* (low tide) @Beach									

Water Sport Activities

Sailing Catamaran Rental Private Sailing Lesson Standup Paddle Boarding Kayaking



- ² One day book in advance before 6pm
- ³ Challenge our team, Win and Get the Reward of the Day
- * Please check the tide table in advance







You are always welcome. Anytime can play nicely together, play with the toys, read the book, drawing and coloring.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cumdan		
				Thor 3ddy	HILIMA	Sululuuy	Sunday		
9am	Pirate Treasure Hunt <i>@Beach</i>	Kids Yoga	Threading Beads Activities	Dancing, Energy Burning Games	Mini Garden Tour	Dancing, Energy Burning Games	Pirate Treasure Hunt <i>@Beach</i>		
10am	Threading Beads Activities	Sparkling Class THB500	Pirate Treasure Hunt @Beach	Clay Modeling	Messy Art THB500	DIY Craft	Sand & Gel Candle THB300		
11am	Face Painting THB300	Clay Modeling	DIY Craft	Sparkling Class THB500	Learn Thai Writing	Face Painting THB300	Clay Modeling		
12pm	Lunch Break. Discover our resort Kids Menu through the Pullman Personal Assistant. Bon Appétit.								
2рт	Mini Pizza* Class THB500	Fun Pool Games @Landside Pool	Science Experiments THB500	Fun Pool Games <i>@Landside Pool</i>	Mini Pizza* Class THB500	Kids Yoga	Fun Pool Games <i>@Landside Pool</i>		
Зрт	Dancing, Energy Burning Games	Batik Painting THB300/500 Fan Painting THB300	Dancing, Energy Burning Games	Sand & Gel Candle THB300	Clay Modeling	Threading Beads Activities	Outdoor Role Playing		
4pm	Outdoor Role Playing	DIY Craft	Outdoor Role Playing	Face Painting THB300	Magic Card THB500	Batik Painting THB300/500 Fan Painting THB300	Science Experiments THB500		
5pm	Messy Art THB500	Mini Garden Tour	Clay Modeling	Bracelet Making	Pirate Treasure Hunt <i>@Beach</i>	Clay Modeling	Mini Garden Tour		
6pm	Board Games/Quiz for kids over 7 years old and free playing for kids 4 — 7 years old.								



Location: next to Pullman Fit & Garden View Pool

Open hours: 9am — 7pm
Kids pool with slider available from 9am — 6pm

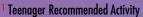
Minimum 4 persons /Book in advance before 12pm

** Babysitting available on request, THB300 net per kid per hour.
One day book in advance before 6pm. Minimum 2 hours. Maximum 2 kids per nanny.

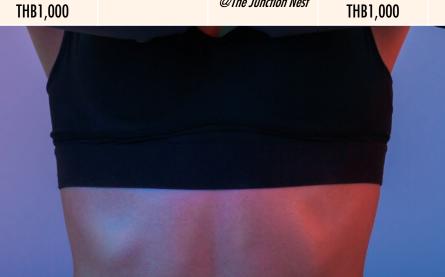


RAINY DAY ACTIVITIES SCHEDULE

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 Essential ¹ Balance Board @The Junction Nest	30min Abs @The Junction Nest	30min Pilates @The Junction Nest	5 Essential ¹ Balance Board @The Junction Nest	30min Pilates @The Junction Nest		
10am	Private ² Advanced Thai Boxing Session @The Junction Nest THB1,000	Draught Competition @The Junction	Private ² Advanced Thai Boxing Session @The Junction Nest THB1,000	Basic Flower ² Arrangement @The Junction	Private ² 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 Basic ² Thai Boxing Session @The Junction Nest THB 500	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		
4рт	Private ² Advanced Pilates Class @The Junction Nest THB1,000	Pool Table ³ Tournament @The Junction	Private ² Advanced Yoga Class @The Junction Nest THB1,000	Pool Table ³ Tournament @The Junction	Body Stretching Class @The Junction Nest	Private ² Advanced Pilates Class @The Junction Nest THB1,000	Private ² Advanced Yoga Class @The Junction Nest THB1,000		



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