

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



## Water Sport Activities

Sailing Catamaran Rental  
Private Sailing Lesson  
Standup Paddle Boarding  
Kayaking

THB500/hour  
THB1,000/hour  
Complimentary  
Complimentary

<sup>1</sup> Teenager Recommended Activity

<sup>2</sup> One day book in advance before 6pm

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



## Water Sport Activities

Sailing Catamaran Rental  
Private Sailing Lesson  
Standup Paddle Boarding  
Kayaking



THB500/hour  
THB1,000/hour  
Complimentary  
Complimentary

<sup>2</sup> One day book in advance before 6pm

<sup>3</sup> Challenge our team, Win and Get the Reward of the Day

\* Please check the tide table in advance





# KIDS ACTIVITIES SCHEDULE

*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   | Sunday                        |
|------|---|--|-------------------------------|-------------------------------|-----------------------------|--|-------------------------------|
| 9am  | Pirate Treasure Hunt @Beach   | Kids Yoga  | Threading Beads Activities    | Dancing, Energy Burning Games | Mini Garden Tour            | Dancing, Energy Burning Games                    | Pirate Treasure Hunt @Beach   |
| 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. |  |                               |                               |                             |  |                               |
| 2pm  | Mini Pizza* Class THB500  | Fun Pool Games @Landside Pool                    | Science Experiments THB500    | Fun Pool Games @Landside Pool | Mini Pizza* Class THB500    | Kids Yoga  | Fun Pool Games @Landside Pool |
| 3pm  | Dancing, Energy Burning Games   | Batik Painting THB300/500<br>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<br>Fan Painting THB300 | Science Experiments THB500    |
| 5pm  | Messy Art THB500  | Mini Garden Tour                                 | Clay Modeling                 | Bracelet Making               | Pirate Treasure Hunt @Beach | Clay Modeling                                    | Mini Garden Tour              |
| 6pm  | Board Games/Quiz for kids over 7 years old and free playing for kids 4 – 7 years old.           |  |                               |                               |                             |  |                               |



## SAPPAROT KIDS CLUB

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  | <b>30min Abs</b><br>@The Junction Nest  | <b>30min Pilates</b><br>@The Junction Nest                          | <b>5 Essential<sup>1</sup></b><br><b>Balance Board</b><br>@The Junction Nest                                  | <b>30min Abs</b><br>@The Junction Nest                                    | <b>30min Pilates</b><br>@The Junction Nest  | <b>5 Essential<sup>1</sup></b><br><b>Balance Board</b><br>@The Junction Nest                            | <b>30min Pilates</b><br>@The Junction Nest   |
| 10am | <b>Private<sup>2</sup></b><br><b>Advanced Thai</b><br><b>Boxing Session</b><br>@The Junction Nest<br>THB1,000 | <b>Draught</b><br><b>Competition</b><br>@The Junction               | <b>Private<sup>2</sup></b><br><b>Advanced Thai</b><br><b>Boxing Session</b><br>@The Junction Nest<br>THB1,000 | <b>Basic Flower<sup>2</sup></b><br><b>Arrangement</b><br>@The Junction    | <b>Private<sup>2</sup></b><br><b>Advanced Thai</b><br><b>Boxing Session</b><br>@The Junction Nest<br>THB1,000 | <b>30min Pilates</b><br>@The Junction Nest  | <b>Draught</b><br><b>Competition</b><br>@The Junction  |
| 2pm  | <b>Cocktail<sup>2**</sup></b><br><b>Making Class</b><br>@The Junction<br>THB1,200                             | <b>Mini Ping Pong</b><br><b>Tournament</b><br>@The Junction         | <b>Group Basic<sup>2</sup></b><br><b>Thai Boxing</b><br><b>Session</b><br>@The Junction Nest<br>THB500        | <b>Thai Cooking<sup>2*</sup></b><br><b>Class</b><br>@Tamarind<br>THB2,500 | <b>Mocktail<sup>1**2</sup></b><br><b>Making Class</b><br>@The Junction<br>THB700                              | <b>Thai Cooking<sup>2*</sup></b><br><b>Class</b><br>@Tamarind<br>THB2,500                               | <b>Mini Ping Pong</b><br><b>Tournament</b><br>@The Junction  |
| 4pm  | <b>Private<sup>2</sup></b><br><b>Advanced</b><br><b>Pilates Class</b><br>@The Junction Nest<br>THB1,000       | <b>Pool Table<sup>3</sup></b><br><b>Tournament</b><br>@The Junction | <b>Private<sup>2</sup></b><br><b>Advanced</b><br><b>Yoga Class</b><br>@The Junction Nest<br>THB1,000          | <b>Pool Table<sup>3</sup></b><br><b>Tournament</b><br>@The Junction       | <b>Body</b><br><b>Stretching</b><br><b>Class</b><br>@The Junction Nest  | <b>Private<sup>2</sup></b><br><b>Advanced</b><br><b>Pilates Class</b><br>@The Junction Nest<br>THB1,000 | <b>Private<sup>2</sup></b><br><b>Advanced</b><br><b>Yoga Class</b><br>@The Junction Nest<br>THB1,000 |

<sup>1</sup> Teenager Recommended Activity

<sup>2</sup> One day book in advance before 6pm

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\* Date adjustable for Cooking Class

\*\* Price per person with 2 glasses of drinks

