ADULT'S ACTIVITIES PROGRAM

COMPLIMENTARY ACTIVITIES

Monday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Morning Yoga At Banyan Tree Deck Arke Training At FIT Lounge Elastic Exercise At FIT Lounge Afternoon Yoga At Banyan Tree Deck
Tuesday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Aqua Exercise At Float Mat Pilates At Banyan Tree Deck Kinesis Training At FIT Lounge Mat Pilates At Banyan Tree Deck
Wednesday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Bootcamp Around The Resort, Meet At Banyan Tree Deck Yoga Meditation At Banyan Tree Deck Basic Of Muay Thai At FIT Lounge Full Body Stretching At Banyan Tree Deck
Thursday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Morning Yoga At Banyan Tree Deck Arke Training At FIT Lounge Elastic Exercise At FIT Lounge Afternoon Yoga At Banyan Tree Deck
Friday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Aqua Exercise At Float Mat Pilates At Banyan Tree Deck Kinesis Training At FIT Lounge Mat Pilates At Banyan Tree Deck
Saturday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Beach Jogging, Meet At Main Pool Yoga Meditation At Banyan Tree Deck Basic Of Muay Thai At FIT Lounge Full Body Stretching At Banyan Tree Deck
Sunday	8:00 AM 10:00 AM 1:00 PM 3:00 PM	Sunrise Yoga At Banyan Tree Deck Arke Training At FIT Lounge Abdominal Exercise At FIT Lounge Afternoon Yoga At Banyan Tree Deck

NOTE: Outdoor activities will be moved to the FIT Lounge in case of rain.

PRIVATE TRAINING SESSIONS

Sessions are chargable THB 1,000++ per person per hour

Personal Trainer Yoga Muay Thai Mat Pilates	8:00 AM - 3:00 PM	• Subject to availability. • One-day advance reservation required.

EXCLUSIVE TOUR PROGRAMS

HIGH SEASON : NOVEMBER – APRIL

Snorkeling Tour 2 Hours	9:00 - 11:00 AM 1:00 - 3:00 PM	**THB 1600++/ person (Min. 4 guests)
Private Snorkeling Tour 2 Hours	Subject to Availability	**THB 6,000++/person (Max. 3 guests)
Walk In The Rainforest 2.5 Hours	9:00 - 11:00 AM 1:00 - 3:00 PM	**THB 1600++/ person (Min. 4 guests)
Private Walk In The Rainforest 2.5 Hours	Subject to Availability	**THB 6,000++/person (Max. 3 guests)

GREEN SEASON : MAY – OCTOBER

Walk In The Rainforest 2.5 Hours	9:00 - 11:00 AM 1:00 - 3:00 PM	**THB 1600++/ person (Min. 4 guests)
Private Walk In The Rainforest 2.5 Hours	Subject to Availability	**THB 6,000++/person (Max. 3 guests)

**One-day advance reservation required (Subject to weather condition).

- Activities marked with ** are chargeable per person.
- All prices are subject to a 10% service charge and 7% VAT.
- Reservations are recommended for all activities.
- To make a reservation, please contact our Lifestyle Team via ext. "5097" or "0".

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