



RECREATION ACTIVITIES.
JOIN US TODAY.

Conrad Koh Samui offers a variety of options for indoor and outdoor engaging activities that guests of all ages will enjoy. Exercise in inspiring environment at the fitness center, strengthen and tone your physique in the pool with aqua aerobic or sculpt and tone your body practicing yoga on the sun-drenched wooden deck. Enjoy recreational and sports facilities that help to make your vacation even more meaningful.

CONRAD[®]
KOH SAMUI

NEVER JUST STAY. STAY INSPIRED.

RECREATION & ACTIVITY SCHEDULE

DAY \ TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 - 08:15	Tai Chi (Beach Deck)	Aqua Aerobic (Azure)	Yoga (Beach Deck)	Thai Boxing (Beach Deck)	Tai Chi (Beach Deck)	Aqua Aerobic (Azure)	Yoga (Beach Deck)
08:30 - 09:15	Yoga (Beach Deck)	Thai Boxing (Beach Deck)	Tai Chi (Beach Deck)	Aqua Aerobic (Azure)	Yoga (Beach Deck)	Thai Boxing (Beach Deck)	Tai Chi (Beach Deck)
10:30 - 11:00	Meditation (Conrad Spa)	Stretching & Slack Lining (Beach Deck)	Meditation (Conrad Spa)	Stretching & Slack Lining (Beach Deck)	Meditation (Conrad Spa)	Stretching & Slack Lining (Beach Deck)	Meditation (Conrad Spa)
15:00 - 15:45	Abs, Butt & Thigh Workout (Fitness Center)	Neck & Back Gymnastics (Fitness Center)	Abs, Butt & Thigh Workout (Fitness Center)	Neck & Back Gymnastics (Fitness Center)	Abs, Butt & Thigh Workout (Fitness Center)	Neck & Back Gymnastics (Fitness Center)	Abs, Butt & Thigh Workout (Fitness Center)
18:00 - 18:30	Thai Boxing (Beach Deck)	Yoga (Beach Deck)	Thai Boxing (Beach Deck)	Yoga (Beach Deck)	Thai Boxing (Beach Deck)	Tai Chi (Beach Deck)	Thai Boxing (Beach Deck)
			20:00 Movie Night (Beach Deck)	20:00 Stargazing Night (Ko Lounge)	18:00 Barefoot (Beach Deck)	20:00 Movie Night (Beach Deck)	18:00 Asadong Beach Bazar (Beach Deck)

Paddle Boards, Kayak, Snorkeling and fun games available on loan from 08:00 - 18:00 and weather permitting, please contact our Recreation Team or call Ext. 8905. Guests will be responsible for damage any items that are borrowed.

CLASS DESCRIPTION

- ABS, BUTT & THIGH WORKOUT:** To focus on your abdominal muscles, buttocks & thighs.
- AQUA AEROBIC LIGHT:** A cardiovascular exercise that is very easy on joint & the core as well as the full body workout.
- STRETCHING:** The light way to start the day with a body stretching feature to get you ready for your day ahead.
- TAI CHI:** The ancient art to develop your internal energy. Slow graceful movements will improve posture, mobilize joints & increase your flexibility.
- THAI BOXING:** The popular Thai martial art. We will teach you the basic movements of the fighter and set your calories in fire.
- YOGA:** Our yoga class is designed for the beginners to improve your inner balance, full body flexibility and a clear mind.

- NECK & BACK SPINE GYMNASTIC:** A more advance but light medical stretching technique to decrease your neck & back pain.
- SLACK LINING:** To exercise your full body balance on top of a rope and sharpen your spirit. Fun and laughter is also guaranteed.
- MEDITATION:** The final shutdown of a stressy day or the beautiful start into a glory morning. Free your spirit and give your soul a break.
- STARGAZING:** With a professional Telescope and cosmic beverages. See the cosmic treasury on top of you and dive into the greek history of storytelling by the stars meanwhile enjoying a local fresh beverage.
- MOVIE NIGHT:** To excite you with the updated cinematic pictures as well as the old classic movies. No more words needed to enjoy it outdoor and in front of the sea.

* Please arrive 5 minutes before classes. Instructors will cancel a class without participants after 15 minutes. Please note that in case of rain, class will or may be cancelled. Operates on a first-come, first-served basis. Subject to availability. Advance reservations are essential, please call Conrad Service by dialing 0 for your convenience.