



RECREATION & ACTIVITY SCHEDULE

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 - 08:15	Tai Chi (Beach Deck)	Yoga (Beach Deck)	Stretching (Beach Deck)	Yoga (Beach Deck)	Tai Chi (Beach Deck)	Yoga (Beach Deck)	Stretching (Beach Deck)
08:30 - 09:15	Thai Boxing (Beach Deck)	Aqua Aerobic (Azure)	Body Toning Workout (Beach Deck)	Aqua Aerobic (Azure)	Thai Boxing (Beach Deck)	Aqua Aerobic (Azure)	Thai Boxing (Beach Deck)
15:00 - 16:00	Kite Flying (Beach)	Coconut Pétanque (Beach)	Kite Flying (Beach)	Coconut Pétanque (Beach)	Kite Flying (Beach)	Coconut Pétanque (Beach)	Kite Flying (Beach)
18:00 - 18:30	Yoga (Beach Deck)	Abdominal Workout (Beach Deck)	Thai Boxing (Beach Deck)	Tai Chi (Beach Deck)	Stretching (Beach Deck)	Thai Boxing (Beach Deck)	Abs, Butt&Thigh Workout (Beach Deck)

Kayak & Snorkeling available on loan from 08:00 - 17:00 and weather permitting, please contact our Pool Team or call Ext. 8905. Guests will be responsible for damage any items that are borrowed.

CLASS DESCRIPTION

ABDOMINAL WORKOUT

To strengthen your abdominal muscles

ABS, BUTT & THIGH WORKOUT

To focus on your abdominal muscles, buttocks & thighs

AQUA AEROBIC

Light cardiovascular exercise that is very easy on joints & muscles, while still giving a body workout

BODY TONING WORKOUT

Equipment free toning workout for the whole body

COCONUT PÉTANQUE

The goal of pétanque, a variation of boules, is to throw a coconut as close as possible to a small wooden ball

KITE FLYING

Watch or enjoy the kite flying during the Thai winter or summer season. Look up to the sky contemplating the excitement of the kite flying season - a time of delight for every body.

STRETCHING

Start the day with a body stretch workout to get you ready for your day ahead

TAI CHI

This ancient art will develop your internal energy. Slow graceful movements will improve posture, mobilize joints & increase your flexibility

THAI BOXING

An ancient Thai martial art. We will teach the basic movements & help you to burn calories

YOGA

Designed for beginners to improve strength, balance & flexibility of mind & body

SPECIAL PRIVATE CLASSES

THE PILATES (1 HOUR)

To improve flexibility, increase muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks, and balance muscular strength on both sides of your body.

THB 2,500++

THB 1,000++ for additional person

THE 3-DAY FULL BODY DETOX WORKOUT PROGRAM

(1 HOUR A DAY WITH DETOX PLAN)

To reset your body, re-energize your metabolism and get your muscles firing back to normal.

THB 6,000++

THE 5-DAY CHALLENGE CARDIO PROGRAM (1 HOUR A DAY WITH DIETARY PLAN)

To strengthen your heart and immune system.

Cardio program burns calories and will help you to lose weights. This will keep you fit by increasing your stamina.

THB 8,000++

TERMS AND CONDITIONS

24-hrs. advance reservation and pre-payment required.

All prices are quoted in Thai Baht is per person and inclusive of 10% service charge and 7% applicable government tax.