


# COMPLIMENTARY WELLNESS ACTIVITY SCHEDULE



| DAY/TIME | 08:00  | 11:30   | 15:00   | 16:00  | 17:00  | 17:30  | 18:45  |
|----------|--|---|---|--|--|--|--|
| SUN      | <b>Nature Walk</b><br>( Meet at Lobby )<br>                         | <b>Aqua Fit</b><br>( The Main Pool )<br>   |   | <b>Dart Tournament</b><br>( Game Room )<br>       |  | <b>30 Mins Sunset Yoga</b><br>( Top of building 8 )<br>   |  |
| MON      | <b>30 Mins Yoga for Beginner</b><br>( Top of building 8 )<br>       |   | <b>Fold The Pandan Leaf</b><br>( Kids Club )<br> |  | <b>30 Mins Intro to Muay Thai</b><br>( Top of building 8 )<br>  |  | <b>Fire Show</b><br>( The Radiant Sun )<br>   |
| TUE      | <b>30 Mins Abdominal Class</b><br>( Top of building 8 )<br>         | <b>Khim Performance</b><br>( Lobby )<br>   |   | <b>Thai Talk</b><br>( Library )<br>               |  | <b>30 Mins Sunset Yoga</b><br>( Top of building 8 )<br>   |  |
| WED      | <b>Morning Trail Walk to Freedom Beach</b><br>( Meet at Lobby )<br> | <b>Aqua Fit</b><br>( The Main Pool )<br>   | <b>Hand Garland Making</b><br>( Kids Club )<br>  |  | <b>30Mins Tabata Exercise</b><br>( Top of building 8 )<br>      |  | <b>Fire Show</b><br>( The Radiant Sun )<br>   |
| THU      | <b>30 Mins Pilates Work Our</b><br>( Sculpt Fitness )<br>          | <b>Khim Performance</b><br>( Lobby )<br>  |   | <b>Ping Pong Tournament</b><br>( Game Room )<br> |  | <b>30 Mins Body Stretching</b><br>( Sculpt Fitness )<br> |  |
| FRI      | <b>30 Mins Yoga for Beginner</b><br>( Top of building 8 )<br>     |   |   |  | <b>30 Mins Circuit Muay Thai</b><br>( Top of building 8 )<br> |  | <b>Fire Show</b><br>( The Radiant Sun )<br> |
| SAT      | <b>30 Mins Body Weight</b><br>( Top of building 8 )<br>           | <b>Khim Performance</b><br>( Lobby )<br> | <b>Thai Leaf Origami</b><br>( Kids Club )<br>  | <b>Thai Talk</b><br>( Library )<br>             |  | <b>Kite Flying</b><br>( Top of building 8 )<br>         |  |

PRIVATE CLASSES THB 1,000/ HOUR/PERSON, THB 1,500/HOUR/ TWO PERSON. DATE AND TIME ARE SUBJECT ON DISCUSSION. (YOGA, MUAY THAI,)

**ALL ACTIVITIES ARE SUBJECT TO CANCEL OR CHANGE WITHOUT NOTICE, DEPENDS ON THE WEATHER. ADVANCE RESERVATION IS HIGHLY RECOMAND.**

**FOR MORE INFORMATION PLEASE CONTACT KIDS CLUB (09.00HRS. - 18.00HRS.) DIAL 6711 OR 0**