

# COMPLIMENTARY *Wellness* SCHEDULE | MAY 2025



DAY/TIME	08:00	11:30	15:00	16:00	17:00	17:30	18:45
SUN	<b>Nature Walk</b> ( Meet at Lobby ) 	<b>Aqua Fit</b> ( The Main Pool ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Dart Tournament</b> ( Game Room ) 		<b>30 Mins Sunset Yoga</b> ( Top of building 8 ) 	
MON	<b>30 Mins Yoga for Beginner</b> ( Top of building 8 ) 		<b>Fruit Carving Class</b> ( Kids Club ) 	<b>Pool Table Tournament</b> ( Game Room ) 	<b>30 Mins Intro to Muay Thai</b> ( Top of building 8 ) 		<b>Fire Show</b> ( The Radiant Sun ) 
TUE	<b>30 Mins Tai Chi</b> ( Sculpt Fitness ) 	<b>Khim Performance</b> ( Lobby ) 	<b>Basic Swimming</b> ( The Main Pool ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>30 Mins Sunset Yoga</b> ( Top of building 8 ) 	
WED	<b>Morning Trail Walk to Freedom Beach</b> ( Meet at Lobby ) 	<b>Aqua Fit</b> ( The Main Pool ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Dart Tournament</b> ( Game Room ) 	<b>30Mins Abdominal Exercise</b> ( Top of building 8 ) 		<b>Fire Show</b> ( The Radiant Sun ) 
THU	<b>30 Mins Pilates Work Out</b> ( Top of building 8 ) 	<b>Khim Performance</b> ( Lobby ) 	<b>Fold The Pandan Rose</b> ( Kids Club ) 	<b>Table Tennis Tournament</b> ( Game Room ) 	<b>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>30 Mins Body Stretching</b> ( Top of building 8 ) 	
FRI	<b>Morning Jogging</b> ( Meet at Lobby ) 	<b>Aqua Fit</b> ( The Main Pool ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Pool Table Tournament</b> ( Game Room ) 	<b>30 Mins Circuit Muay Thai</b> ( Top of building 8 ) 		<b>Fire Show</b> ( The Radiant Sun ) 
SAT	<b>30 Mins Body Weight</b> ( Top of building 8 ) 	<b>Khim Performance</b> ( Lobby ) 	<b>Thai Leaf Origami</b> ( Kids Club ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>Kite Flying</b> ( Top of building 8 ) 	
<i>Rainy Day</i>	<b>30 Mins Body Stretching</b> ( Sculpt Fitness ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Thai Leaf Origami</b> ( Kids Club ) 	<b>Tournament Table tennis, Pool &amp; football Table</b> ( Game Room ) 		<b>30 Mins Sunset Yoga</b> ( Sculpt Fitness ) 	

PRIVATE CLASSES THB 1,000++/ HOUR/PERSON, THB 1,500++/HOUR/ TWO PERSON. DATE AND TIME ARE SUBJECT ON DISCUSSION. (YOGA, MUAY THAI,PILATES WORK OUT,FULL BODY STRETCHING,WAI KRU MUAYTHAI)

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

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