

# COMPLIMENTARY *Wellness* SCHEDULE | MARCH 2026



DAY/TIME	08:00	11:30	15:00	16:00	17:00	17:30	18:45
<b>SUN</b>	<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>Cornhole Game</b> ( Game Room ) 	<b>30 Mins Sunset Yoga</b> ( Top of building 8 ) 	
<b>MON</b>	<b>30 Mins Intro to Muay Thai</b> ( Top of building 8 ) 	<b>Cornhole Game</b> ( Game Room ) 	<b>Thai Dance</b> ( Kids Club ) 	<b>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>Tabata Workout</b> ( Top of building 2 ) 	<b>Pool Table Tournament</b> ( Game Room ) 	<b>Fire Show</b> ( The Radiant Sun ) 
<b>TUE</b>	<b>Mini Hyrox Workout</b> ( Top of building 8 ) 	<b>Khim Performance</b> ( Lobby ) 	<b>Basic Swimming</b> ( The Main Pool ) 	<b>Thai Talk</b> ( Kids Club ) 	<b>Tai Chi</b> ( Top of building 2 ) 		
<b>WED</b>	<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>Cornhole Game</b> ( Game Room ) 	<b>Fire Show</b> ( The Radiant Sun ) 
<b>THU</b>	<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>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>30 Mins Circuit Muay Thai</b> ( Top of building 8 ) 	<b>Table Tennis Tournament</b> ( Game Room ) 	
<b>FRI</b>	<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>Tai Chi</b> ( Top of building 2 ) 		<b>Fire Show</b> ( The Radiant Sun ) 
<b>SAT</b>	<b>30 Mins Yoga for Beginner</b> ( Top of building 8 ) 	<b>Khim Performance</b> ( Lobby ) 	<b>Thai Leaf Origami</b> ( Kids Club ) 	<b>Mini Golf Tournament</b> ( Top of building 2 ) 	<b>Tabata Workout</b> ( Top of building 2 ) 	<b>Thai Talk</b> ( Kids Club ) 	
<b>Rainy Day</b>	<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 RECOMMENDED. FOR MORE INFORMATION PLEASE CONTACT KIDS CLUB (09.00HRS. - 18.00HRS.) DIAL 6711 OR 0**