

YOGA CLASS

Bend your body, within the seclusion of flora & fauna

08.00 - 09.00 AM

At Activities Room

Monday , Wednesday , Friday



TOWEL FOLDING

Learn to make beautiful animals like swans and elephants - super fun

09.30 - 10.30 AM

At Activities Room

Wednesday , Saturday

BEGINNER HEALTH WALK

to Tsunami park and market 2 kilometers (2 hours walk)

03.00 - 05.00 PM

Meet: at Fitness Center

Monday , Saturday



ADVANCE HEALTH WALK

Fun walk to Lam-Ru Park 5 kilometers (4 hours walk)

Included 1 bottle of water, cold towel and park entrance fee

01.00 - 05.00 PM

Meet: at Fitness Center

Wednesday , Friday

400 BAHT



ADULTS ACTIVITY PROGRAM

THAI LANGUAGE LESSON

Simple and fun lessons to help you chat with the friendly locals!

09.30 - 10.30 AM

At Activities Room

Tuesday , Thursday , Sunday

AQUA AEROBICS

Stay fit and cool at the same time with this friendly workout

11.00 - NOON

At Aqua Pool

Tuesday , Thursday , Saturday

POOL VOLLEYBALL

Bump, set, and spike in a fun-filled pool match

11.00 - NOON

At Aqua Pool

Monday , Friday

WATER POLO

Classic wet group game, a fun filled time. Joined by 6 - 12 years old.

11.00 - NOON

At Aqua Pool

Wednesday , Sunday



BEACH SOCCER

The world's most popular sport played on the ideal located of Nang Thong Beach

04.00 - 05.00 PM

Meet: at Fitness Center

Thursday , Saturday



THAI COOKING CLASS BEGINNER A

Explore the mystique of Thai cuisine

12.00 - 01.30 PM

At The Floating Market (4 pax)

Monday , Friday

700 BAHT

THAI COOKING CLASS BEGINNER B

Explore the mystique of Thai cuisine

12.00 - 01.30 PM

At The Floating Market (4 pax)

Wednesday , Sunday

700 BAHT

THAI COOKING CLASS ADVANCE

Create and enjoy the mystique of Thai cuisine

12.00 - 02.00 PM

At The Floating Market (2 pax)

Tuesday , Thursday , Saturday

1,500 BAHT

THAI BOXING CLASS

Learn the fundamentals of Thailand's cherished national sport

02.00 - 03.00 PM

At Activities Room

Monday , Wednesday



VEGETABLE CARVING

Create amazing flowers with your very own hands

02.00 - 03.30 PM

At The Floating Market

Tuesday , Sunday

300 BAHT

COCKTAIL LESSON

Tuesday , Thursday
Mojito & Mai Tai

Wednesday , Sunday

Nang-thong Sunset & Green Leaf

03.00 - 04.00 PM

At The Floating Market (4 pax)

400 BAHT

ZUMBA

Have Fun, feel the movement



04.00 - 05.00 PM

At Talay Garden or Activities Room

Tuesday , Friday

All Activities must be Book One day before.

Activities like Cooking class, Fruit carving, Cocktail lesson, Advance health walk cancel before 8:30 AM the following day

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