

Daily Morning Activities Rise and Shine

Beach Jogging

Rise and Shine with a healthy, energized start.

EVERYDAY: 7.00 - 8.00 am
Meet at Fitness Center



Tennis

Start your day with a playful and cool game.

EVERYDAY: 8.00 am - 8.00 pm
Meet at Tennis Court



Pool Volleyball

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

MONDAY & FRIDAY: 11.00 am - Noon
At Family Pool



Aqua Aerobics

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

TUESDAY, THURSDAY & SATURDAY:
11.00 am - Noon
At Family Pool



Water Polo

Classic aquatic group game, a fun filled time.

WEDNESDAY & SUNDAY:
11.00 am - Noon
At Family Pool

- All these activities which remark *** must be booked at least one day in advance and minimum 2 people.
- If you have any queries, please contact our dedicated recreation team, extension 1712 or Reception Desk ☎ 80, 87

Healthy Activities Fitness for Fun

Advance Health Walk

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

TUESDAY & THURSDAY
2.00 - 6.00 pm

Beginner Health Walk

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

MONDAY & SATURDAY
3.00 - 5.00 pm
Meet at Fitness Center



Yoga Class

Bend your body overlooking the seclusion of flora and fauna.

WEDNESDAY & FRIDAY:
9.00 - 10.00 am

MONDAY, THURSDAY & SUNDAY:
4.00 - 5.00 pm
At Activities Room



Beach Volleyball

Dive and jump with joy in the afternoon with Sea, Sands and Sun.

TUESDAY & SATURDAY: 4.00 - 5.00 pm
Meet at the Beach



Stretching Class

This session is perfect for those "just getting off the plane"

WEDNESDAY: 4.00 - 5.00 pm
At Activities Room



Beach Soccer

The world's most popular sport played at the ideal location of Nang Thong Beach!

FRIDAY: 4.00 - 5.00 pm
Meet at the Beach

The Sands Experiences Learning in Paradise

Thai Cooking Class

Create and enjoy the mystique of Thai cuisine.

At The Floating Market

BEGINNER COURSE MENU A (2 DISHES)
MONDAY, SATURDAY: 12.00-1.30 pm

BEGINNER COURSE MENU B (2 DISHES)
WEDNESDAY, SUNDAY: 12.00-1.30 pm
(500 THB)

ADVANCE COURSE (4 DISHES)
TUESDAY, THURSDAY: 12.00-2.00 pm
(1,000 THB)



Cocktail Lesson

Learn to make wonderful cocktails in the Sands style!

MONDAY, WEDNESDAY, FRIDAY, SUNDAY: 4.00 - 5.00 pm
(400 THB)

At The Floating Market



Thai Language Lesson

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

FRIDAY & SUNDAY: 12.00 - 1.00 pm
At Activities Room



Fruit & Vegetable Carving

Create amazing flowers with your very own hands.

WEDNESDAY & FRIDAY: 2.30 - 4.00 pm
(300 THB)

At The Floating Market



Thai Boxing Class

Learn the fundamentals of Thailand's cherished national sport.

MONDAY, WEDNESDAY & FRIDAY:
2.00 - 3.00 pm
At Activities Room

Evening Activities Play The Night Away

Happy Hour

Enjoy a cool drink at only 110 Baht

EVERYDAY: 4.30 - 6.00 pm
At Coconut Bar and Mango Bar

EVERYDAY: 8.00 - 9.00 pm At Mango Bar

EVERYDAY: 2.00 - 3.00 pm & 9.00 - 10.00 pm
At Pineapple Bar



Beer Garden

EVERYDAY: 8.00-10.00 pm At Mango Bar

