

ACTIVITIES PROGRAM

Rev.01.10.22

Time \ Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 9:00 AM	Yoga Class Bend your body, within the seclusion of flora & fauna. Activity room or Beach garden		Yoga Class Bend your body, within the seclusion of flora & fauna. Activity room or Beach garden		Yoga Class Bend your body, within the seclusion of flora & fauna. Activity room or Beach garden		
09:30 – 10:30 AM		Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room	TOWEL FOLDING Learn to make beautiful animals like swans and elephants – super fun Activity room	Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room		TOWEL FOLDING Learn to make beautiful animals like swans and elephants – super fun Activity room	Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room
11.00 AM - Noon	Pool Volleyball "Bump, set, and spike" in a fun-filled pool match. Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout. Aqua pool	Water Polo Classic wet group game, a fun filled time. Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout. Aqua pool	Pool Volleyball "Bump, set, and spike" in a fun-filled pool match. Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout. Aqua pool	Water Polo Classic wet group game, a fun filled time. Aqua pool
12.00 - 1.30 PM	Beginner MENU A Thai Cooking Class Explore the mystique of Thai cuisine. 700 Baht At the Floating Market		Beginner MENU B Thai Cooking Class Explore the mystique of Thai cuisine. 700 Baht At the Floating Market		Beginner MENU A Thai Cooking Class Explore the mystique of Thai cuisine. 700 Baht At the Floating Market		Beginner MENU B Thai Cooking Class Explore the mystique of Thai cuisine. 700 Baht At the Floating Market
12.00 - 2.00 PM		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market	
2.00 - 3.00 PM	Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport. Activity room		Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport. Activity room		Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport. Activity room		
2:00 – 3:30 PM		Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market		Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market			Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market
01:00 – 5:00 PM			Advance Health Walk Fun walk to Lam-Ru Park 5 kilometers (4 hours walk) 400 Baht Included 1 bottle of water, cold towel and park entrance fee Meet: at Fitness Center		Advance Health Walk Fun walk to Lam-Ru Park 5 kilometers (4 hours walk) 400 Baht Included 1 bottle of water, cold towel and park entrance fee Meet: at Fitness Center		
03.00 - 5.00 PM	Beginner Health Walk to Tsunami park and market 2 kilometers (2 hours walk) Meet: at Fitness Center					Beginner Health Walk to Tsunami park and market 2 kilometers (2 hours walk) Meet: at Fitness Center	
03.00 - 4.00 PM		Cocktail Lesson Blue Mojito & Cinderella 400 Baht At the Floating Market	Cocktail Lesson Nang-thong Sunset & Blue Sky 400 Baht At the Floating Market	Cocktail Lesson Blue Mojito & Cinderella 400 Baht At the Floating Market			Cocktail Lesson Nang-thong Sunset & Blue Sky 400 Baht At the Floating Market
4:00 – 5:00 PM	Beach Soccer The world's most popular sport played on the ideal located of Nang Thong Beach! Meet @ the Fitness Center	Zumba Have Fun, Feel the movement @ talay garden or activities room		Beach Soccer The world's most popular sport played on the ideal located of Nang Thong Beach! Meet @ the Fitness Center	Zumba Have Fun, Feel the movement @ talay garden or activities room	Beach Soccer The world's most popular sport played on the ideal located of Nang Thong Beach! Meet @ the Fitness Center	

Note: All Activities must be Book One day before. *Activities with this color, cancel before 8:30 Am the following day*****