



RESORT ACTIVITIES & EXCURSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 09:00	Yoga Beginner at Sport & Recreation	Mat Pilates at Sport & Recreation	Morning Stretch at Sport & Recreation	Morning Run 6 km. at Sport & Recreation	Yoga Beginner at Sport & Recreation	Mat Pilates at Sport & Recreation	Morning Stretch at Sport & Recreation
Excursion Full Day 09:00 – 16:00 (Minimum 4 persons)	Anghong National Marine Park (Full day) 6,000++ per person	Dolphin Trip + Koh Tan & Madsum (Half day) 4,000++ per person	Anghong National Marine Park (Full day) 6,000++ per person	Dolphin Trip + Koh Tan & Madsum (Half day) 4,000++ per person	Anghong National Marine Park (Full day) 6,000++ per person	Dolphin Trip + Koh Tan & Madsum (Half day) 4,000++ per person	Dolphin Trip + Koh Tan & Madsum (Half day) 4,000++ per person
Excursion Half Day 09:00 – 12:00 14:00 – 17:00 (Minimum 4 persons)		Koh Tan & Madsum (Half day) 3,500++ per person		Koh Tan & Madsum (Half day) 3,500++ per person		Koh Tan & Madsum (Half day) 3,500++ per person	Koh Tan & Madsum (Half day) 3,500++ per person
10:00 – 11:00	Fit Ball Workout at Sport & Recreation	Aqua exercise at Beach Pool	Tabata Workout at Sport & Recreation	ABS Express at Sport & Recreation	Fit Ball Workout at Sport & Recreation	Aqua exercise at Beach Pool	Tabata Workout at Sport & Recreation
15:00 – 16:00	Basic Muay Thai 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Bicycle Tour 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Sunset Fishing 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Boot Camp Workout 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Basic Muay Thai 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Bicycle Tour 1,200++ per person at Sport & Recreation (Maximum 4 persons)	Sunset Fishing 1,200++ per person at Sport & Recreation (Maximum 4 persons)
17:30 – 18:30	Sunset Cruise to Five Islands (Private THB 12,000++ for 6 persons, additional person charged at THB 1,000++ per person)						
Recommended!! <i>Everyday Activities</i>	Private Super Stretch Private Personal Trainer Private Yoga Private Muay Thai	1 Hour: THB 1,000++ per person 1 Hour: THB 1,200++ per person 1 Hour: THB 1,500++ per person 1 Hour: THB 1,800++ per person					

- The schedule is subject to change without prior notice. During inclement weather, rainy day activities will be replaced the above schedule. For further reservation and information, please contact our Concierge team at **Ext.#24**
- Kayak and Stand-Up Paddle Board (SUP) equipment is complimentary and self-service for in-house guests.
- Limited 6 persons per class.