

Play Activities & Resort Leisure Weekly Program

Time / Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 hrs.	*Morning Bike Ride @Kids Club	*Pilates Introduction @Yoga Room	*Tai Chi @Azzurra	*Yoga @Yoga Room	*Lagoon Discovery *Sunrise Paddles @Water Sport	*Yoga @Yoga Room	*Sunbathing & Paddle @Water Sport
10:00 hrs.	**Sailing Introduction @Water Sport	Aqua Aerobics @XANA Pool	**Sailing Introduction @Water Sport	Aqua Aerobics @XANA Pool	**Sailing Introduction @Water Sport	Aqua Aerobics @XANA Pool	**Sailing Introduction @Water Sport
13:00 hrs.	*Table Game Challenge @Beside Fitness	**Coconut Leaf Folding @Kids Club	**Kite Making @Kids Club	*Table Game Challenge @Beside Fitness	**Coconut Leaf Folding @Kids Club	**Kite Making @Kids Club	**Batik Painting @Kids Club
15:00 hrs.	**Thai Boxing Introduction @Yoga Room	Wet n Wild @Sand Pool	**Thai Boxing Introduction @Yoga Room	Wet n Wild @Sand Pool	**Thai Boxing Introduction @Yoga Room	Wet n Wild @Sand Pool	**Thai Boxing Introduction @Yoga Room
16:00 hrs.	*Body Stretching @Yoga Room	*Biodiversity Learning Trail @Kids Club	*Cardio Workout @Yoga Room	*Biodiversity Learning Trail @Kids Club	*Circuit Training @Yoga Room	*Biodiversity Learning Trail @Kids Club	*Body Toning @Yoga Room
17:00 hrs.	*Sea Breeze Run @Beachfront	*Yoga on the Beach @XANA	*Sunset Bike Ride @Kids Club	*Sea Breeze Run @Beachfront	*Yoga on the Beach @XANA	*Beach Plogging @Beachfront	*Sunset Bike Ride @Kids Club
17:30 hrs.	-	-	**LED Paddle Tour @Water Sport	-	-	-	-
18:00 hrs.	-	-	-	-	-	**Sunset SUPmaran @Water Sport	-
19:00 hrs.	-	-	Pop-Up Cinema @Azzurra	-	-	-	Pop-Up Cinema @Azzurra

Operation Hours

Fitness Centre	Available 24 hrs.
Beach	8:00 hrs. - 18:30 hrs.
Swimming Pool	8:00 hrs. - 18:30 hrs.
Water Sports Centre	9:00 hrs. - 17:30 hrs.
Kids Club	9:00 hrs. - 18:00 hrs.
Indoor Activities	10:30 hrs. - 20:00 hrs.
Attendant on duty	6:00 hrs. - 21:00 hrs.



Remarks

- Activities (*) are complimentary and limited. Require 4 hours booking in advance
- Activities (**) are chargeable and require 6 hours booking in advance

Pricing & Limits:

- Private Thai Boxing Lesson – THB 900 per person/session
- Private Yoga Class – THB 900 per person/session
- Personal Fitness Training – THB 900 per person/session
- Sailing Introduction – THB 300 per person (max. 6 persons)
- Thai Boxing Introduction – THB 300 per person (max. 6 persons)
- Coconut Leaf Folding – THB 200 per person
- Kite Making – THB 300 per person
- Batik Painting – THB 300 (handkerchief) / THB 550 (T-shirt)



For more information or bookings, please contact our Player Team at ext. 8627 / 8629 or dial ‘ 0 ’