

ACTIVITY PROGRAMME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00	*Yoga for Beginner @Fitness Centre	Pilates @Fitness Centre	*Yoga for Beginner @Fitness Centre	Pilates @Fitness Centre	*Yoga for Beginner @Fitness Centre	Pilates @Fitness Centre	Jogging tour @Fitness Centre
09:00 - 10:00	Boot Camp @Fitness Centre	Small Group Circuit Class @Fitness Centre	Fit Ball @Fitness Centre	Circuit Class @Fitness Centre	Boot Camp @Fitness Centre	ABS Blast @Fitness Centre	HIIT 30 min @Fitness Centre
11:00 - 11:30	Powerful Aqua @Splash Pool	Aqua Gym @Splash Pool	Aqua Fun @Splash Pool	Aqua Gym @Splash Pool	Powerful Aqua @Splash Pool	Aqua Fun @Splash Pool	Aqua exercise @Splash Pool
11:30 - 12:00	Pool Games @Splash Pool	Family Game @Splash Pool	Pool Games @Splash Pool	Family Game @Splash Pool	Pool Games @Splash Pool	Family Game @Splash Pool	-
13:00 - 14:00	* Muay Thai for beginners	* Kid's Muay Thai (Age 6-12 year olds)	* Muay Thai for beginners	* Kid's Muay Thai (Age 6-12 year olds)	* Muay Thai for beginners	* Kid's Muay Thai (Age 6-12 year olds)	* Family Muay Thai
16:00 - 16:40	Water Volley ball @Splash Pool	Water Polo @Splash Pool	Water Volley ball @Splash Pool	Water Polo @Splash Pool	Water Volley ball @Splash Pool	Water Polo @Splash Pool	* Walk on water @Splash Pool
16:40 - 18:00	Cocktail Game @Splash Pool	Happy Hour Game @Splash Pool	Water Badminton @Splash Pool	Cocktail Game @Splash Pool	Water Tabletennis @Splash Pool	Happy Hour Game @Splash Pool	-
17:00 - 18:00	Beach Soccer @Beach	Beach Volleyball @Beach	Beach Soccer @Beach	Beach Volleyball @Beach	Beach Soccer @Beach	Beach Volleyball @Beach	Beach Soccer @Beach

Yoga : Baht 200/person
Personal Trainer : Baht 500/person
Muay Thai : Baht 500/adult
 : Baht 250/kid
Thai Cooking Class : Bath 1,500/person
 (Monday - Friday)
Walk on water : Bath 300/person

Tennis Partner : Baht 500/person
Try Dives : Baht 500/person
 Monday : 13:00 - 15:00
 Friday : 16:00 - 18:00
Fruit Carving Lesson : Bath 600++/person
 (Monday - Friday) : Bath 1,100++/couple

24 hours. advance reservation is required for Yoga, Pilates, Muay Thai, Tennis, Thai Cooking Class and Fruit Carving Lesson. For more information please contact the Fitness centre on extension 1413.

Fitness Centre Operational Hours: 24 Hours
*Additional charge applies

Thai Boxing (Muay Thai) Thai Boxing Packages for beginners:

- Private Package** : Baht 1,000.-
 : Baht 1,800.-
 (for 1 person)
 Includes : 1 Thai Boxing Short
 Muay Thai Lesson Certificate
- Private Family Package** : Baht 2,200.-
 (for 2 adults and 2 children)
 Includes : Muay Thai Lesson Certificate
- Private Lover and Buddy Package** : Baht 1,600.-
 : Baht 3,000.-
 (for 2 persons)
 Includes : 2 Thai Boxing Shorts
 Muay Thai Lesson Certificate

