

WELLBEING ACTIVITY TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am – 9:30 am	Resort Jogging	Tai Chi	Body Weight Training	Sense of Nature Walk	Resort Jogging	Tai Chi	Sense of Nature Walk
10:00 am – 11:00 am	Yoga for Beginners	Spinal Stretch	Yoga for Beginners	Spinal Stretch	Yoga for Beginners	Spinal Stretch	Yoga for Beginners
1:00 pm – 2:00 pm	-----	Hearty Recipes *	-----	Hearty Recipes *	-----	-----	-----
2:00 pm – 3:00 pm	Healthy Cold-Pressed Juice **	House Reef Snorkelling	Explore Our Bay	House Reef Snorkelling	Sailing for Beginners	House Reef Snorkelling	Sailing for Beginners
3:30 pm – 4:30 pm	Aromatherapy Workshop	Pool Table Tournament	Aromatherapy Workshop	Aromatherapy Workshop	Aromatherapy Workshop	Duo Stretch	Aromatherapy Workshop
	Introduction to Thai Boxing	Breathing Exercise ** (3:30 pm – 4:00 pm)	Introduction to Thai Boxing	Breathing Exercise ** (3:30 pm – 4:00 pm)	Table Tennis Tournament	Pétanque Tournament	Introduction to Thai Boxing



Aromatherapy Workshop

Create a personalised aromatherapy room spray.



Body Weight Training

Learn to improve overall muscular strength.



Breathing Exercise

Strengthen your body and mind with breath control.



Explore Our Bay

Discover the natural beauty of our location.



Healthy Cold-Pressed Juice

Infuse your preferred ingredients into a tasty juice.



Hearty Recipes

Learn to cook healthy dishes using Thai flavours.



House Reef Snorkelling

Explore our house reef on this guided journey.



Introduction to Thai Boxing

Learn the ancient martial art of Thailand.



Pétanque Tournament

Enjoy this traditional French game on a sand court.



Pool Table Tournament

Friendly competition for all ages and skill levels.



Resort Jogging

Start the day on the right note with a refreshing jog.



Sailing for Beginners

Set sail across the tranquil waters of our private bay.



Sense of Nature Walk

Trek through our tropical sanctuary.



Spinal Stretch

Strengthen your core and reduce tension in your back.



Tai Chi

Learn the graceful techniques of this Chinese exercise.



Table Tennis Tournament

Friendly competition for all ages and skill levels.



Yoga For Beginners

Explore various postures with controlled breathing.

* Fees Apply **

Fees Apply
(Non-Wellbeing Sanctuary Guests)



Beach



Lobby Lounge



Gallery



The Edge



Saffron



Yoga Centre