



BANYAN TREE  
KRABI

# WEEKLY RECREATION PROGRAMME

ACTIVITY	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEIGHTLESS THERAPY	MAIN POOL						7.00 – 8.00	
AQUA EXERCISE				14.00 – 15.00				
POWER WALK	BEACH	8.00 – 9.00		8.00 – 9.00				
SAILING FOR BEGINNERS			14.00 – 15.00			14.00 – 15.00	14.00 – 15.00	
KAYAKING TOUR								14.00 – 15.00
VOLLEYBALL							15.00 – 17.00	
TAI CHI			8.00 – 9.00				8.00 – 9.00	
YOGA FOR BEGINNERS	SPA RECEPTION				8.00 – 9.00			8.00 – 9.00
WORKSHOP FOR THE SENSES					17.00 – 18.00			
BREATHING MEDITATION						17.00 – 18.00		
MUAY THAI BOXING	FITNESS CENTRE	14.00 – 15.00			14.00 – 15.00			
MAT PILATES		9.30 – 10.30				9.30 – 10.30		14.00 – 15.00
STRETCHING CLASS				9.30 – 10.30				
CORE WORKOUT					9.30 – 10.30		9.30 – 10.30	
TONING BALL			9.30 – 10.30					9.30 – 10.30

Note:

Service is on a first-come, first-serve basis with a maximum capacity of 4-6 guests for each activity. Note that our Kayaking Tour has a maximum capacity of 3 guests.

Private ‘Sailing for Beginners’ lesson available at THB 1,500 per person per hour. Note that our ‘Sailing for Beginners’ lesson has a maximum capacity of 2 guests.

Rent our Hobie Wave Sailboat for private use at THB 1,000 per hour. Note that our Hobie Wave Sailboat has a maximum capacity of 4 guests.

All activities require an advance booking of at least one hour. For more information or to make a booking, please contact our Guest Services Centre.