



BANYAN TREE
KRABI

WEEKLY RECREATION PROGRAMME

ACTIVITY	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA EXERCISE	MAIN POOL			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
MUAY THAI BOXING	MEK KHRAM WELLBEING 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

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.

Note:

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.