



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						
SAILING FOR BEGINNERS			14.00 – 15.00			14.00 – 15.00	14.00 – 15.00	
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		
HATHA YOGA	MEK KHRAM WELLBEING CENTRE					9.30 – 10.30	9.30 – 10.30	
MUAY THAI BOXING		14.00 – 15.00			14.00 – 15.00			
MAT PILATES		9.30 – 10.30						
STRETCHING CLASS				9.30 – 10.30				
CORE WORKOUT					9.30 – 10.30			
FULL-BODY HIGH-INTENSITY INTERVAL TRAINING				8.00 – 9.00				
FULL-BODY STRENGTH TRAINING						15.30 – 16.30		9.30 – 10.30
TONING BALL			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: 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.