

Activity Program

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 - 11.00	Mat Pilates (FREE) Location: Fitnesss Center Maximum 4 persons	Kru Solene Yo Yoga Specialist THB 300++ Location: Diamond Room	Basic Muay Thai (FREE) Location: Fitnesss Center Maximum 4 persons	Body Stretching (FREE) Location: Fitnesss Center Maximum 4 persons	Kettle Bell Workout (FREE) Location: Fitnesss Center Maximum 4 persons	Body Weigh (FREE) Location: Fitnesss Center Maximum 4 persons	Basic Muay Thai (FREE) Location: Fitnesss Center Maximum 4 persons
11.00 - 12.00	Body Stretching (FREE) Location: Fitnesss Center Maximum 4 persons	Core Workout (FREE) Location: Fitnesss Center Maximum 4 persons	Fancy Mask Making (FREE) Location: Kid's House	Mat Pilates (FREE) Location: Fitnesss Center Maximum 4 persons	Circuit Training (FREE) Location: Fitnesss Center Maximum 4 persons	Body Stretching (FREE) Location: Fitnesss Center Maximum 4 persons	Plaster Doll Painting (FREE) Location: Kid's House Maximum 4 persons
12.00 - 13.00	Batik Painting THB 500++ Location: Kid's House	Tie Dye THB 500++ Location: Kid's House	Batik Handkerchief THB 200++ Location: Kid's House	Art Towel (FREE) Location: Kid's House Maximum 4 persons	Plaster Doll Painting (FREE) Location: Kid's House Maximum 4 persons	Basic Thai Phrases (FREE) Location: Kid's House	Batik Handkerchief THB 200++ Location: Kid's House
13.00 - 14.00	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant	Cooking Class (Thai or Japanese) THB 1,500++ Location: Ocean View Restaurant
14.00 - 15.00	Fancy Pop Stick making (FREE) Location: Kid's House	Aroma Gel THB 300+++ Location: Kid's House	Kids Boxing (FREE) Location: Kid's House Maximum 4 persons	Nail Polish (FREE) Location: Kid's House Maximum 4 persons	Basic Muay Thai (FREE) Location: Fitnesss Center Maximum 4 persons	How to make paper ORIGAMI & Flower Arrangement (FREE) Location: Kid's House Maximum 4 persons	Movie Time (FREE) Location: Kid's House
18.00 - 19.00	Fire Show (FREE) Location: Ocean View Restaurant			Fire Show (FREE) Location: Ocean View Restaurant			



- All paid activities are subject to 10% service charge and 7% government tax
- 24 hours advanced reservation is required
- All activities conducted by resort instructor
- Activities are available for guests at the age of 14 years old and above; except Batik Painting, Tie Dye T-Shirts and Aroma Gel Candle
- No shows or cancellations less than 3 hours before the session, would be fully charged for all paid activities
- For more information, please dial number "0"