

ACTIVITY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30 am - 8.30 am		Local Market Tour		Local Market Tour			
8.00 am - 9.00 am	★ Sunrise Yoga (At The Beach)		★ Sunrise Yoga (At The Beach)				
9.00 am - 10.00 am			Monk Alms Giving Ceremony (Occasionally)			★ Adult 3-Day Thai Boxing	
10.00 am - 11.00 am	Windsurf Discovery				Sailing Discovery	SUP Introduction	
10.30 am - 11.00 am		Tennis Lesson (For Kids)	Thai Boxing (For Kids)	Tennis Lesson (For Kids)			Thai Boxing (For Kids)
10.30 am - 11.30 am						★ Bike Tour	
11.00 am - 11.30 am		Adult Tennis Lesson (For Adult)	Adult Thai Boxing (For Adult)	Adult Tennis Lesson (For Adult)			Thai Boxing (For Adult)
11.00 am - 12.00 pm		Gentle Yoga (At Sport Complex)					
12.30 pm - 2.00 pm			Golf Introduction				
1.30 pm - 2.30 pm			★ Thai Dance Lesson in Traditional Dress				
2.00 pm - 4.00 pm		★ Jungle Trek					
3.00 pm - 4.00 pm			Beach Volleyball (Seasonal)				
3.30 pm - 4.30 pm						★ Kids 3-Day Thai Boxing	
4.30 pm - 5.30 pm					★ Nature Trail		

Operating Hours for Activities and Facilities

EVERY DAY	6.00 am - 8.00 pm	Sport Complex
	8.00 am - 6.00 pm	Table Tennis, Badminton, Football
	9.00 am - 11.30 am 12.30 pm - 6.00 pm	Water Sport
	9.00 am - 12.00 pm 1.00 pm - 6.00 pm	Junior Camp
	2.00 pm - 3.00 pm	Sailing with instructor (20 minutes / room)
	Any Time	★ 3-Day Sailing /Windsulf Camp

CHARGES APPLY, RESERVATIONS REQUIRED

★ Sunrise Yoga	7 year+	THB 500/hrs
★ Kids 3-Day Thai Boxing	7 year+	THB 1,800 per person/3days
★ Adults 3-Day Thai Boxing	15 year+	THB 1,800 per person/3days
★ Jungle Trek to Waterfall	7 year+	THB 550 per person
★ Bike Tour through Village Life	12 year+	THB 450 per person
★ Nature Trail	8 year+	THB 550 per person
★ 3-Day Sailing /Windsurf Camp	12 year+	THB 1,800 per person/3days
★ Thai Dance Lesson in Traditional Dress	4 year+	THB 950 per person

Remarks :

1-Day Advance reservations required for all activities to ensure availability.