

What's On

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 (On The Beach)		★ Sunrise Yoga (At The Beach)				
9.00 am -10.00 am			Monk Alms Giving Ceremony (Periodical and Occasional Rituals)			★ Adult 3-Day Thai Boxing	
10.00 am - 11.00 am	Windsurf Discovery				Sailing Discovery	Stand Up Paddle Board Introduction	
10.30 am - 11.00 am		Tennis Lesson for Kids	Thai Boxing for Kids	Tennis Lesson for Kids			Kids Thai Boxing
10.30 am - 11.30 am						★ Bike Tour	
11.00 am - 11.30 am		Tennis Lesson for Adult	Thai Boxing for Adult	Tennis Lesson for Adult			Adult Thai Boxing
11.00 am -12.00 pm		Gentle Yoga (At Sport Complex)					
12.00 pm - 1.00 pm	★Cooking Class for Kids (Under The Sala Thai restaurant)			★Cooking Class for Kids (Under The Sala Thai restaurant)			
12.30 pm - 2.00 pm			Golf for Beginners				
1.00 pm - 2.30 pm	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)	★Private Thai Cooking Class (Under The Sala Thai restaurant)
1.30 pm - 2.30 pm			★Thai Dance Lesson (in Traditional Dress)				
	Ice cream on the beach next to the Banyan Tree Pavilion						
2.00 pm - 4.00 pm		★Jungle Trek					
3.00 pm - 4.00 pm			Beach Volleyball (Seasonal)				
	Afternoon Refreshment at the Lobby Lounge						
3.30 pm - 4.30 pm						★ Kids 3-Day (Thai Boxing camp for Kids)	
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

	Minimum	Maximum	
★ Sunrise Yoga	2 people	6 people	7 year+ THB 500/hr
★ Kids 3-Day Thai Boxing	2 people	4 people	7 year+ THB 1,800 per person/3days
★ Adults 3-Day Thai Boxing	2 people	4 people	15 year+ THB 1,800 per person/3days
★ Jungle Trek to Waterfall		8 people	7 year+ THB 550 per person
★ Bike Tour through Village Life		6 people	12 year+ THB 450 per person
★ Nature Trail		6 people	8 year+ THB 550 per person
★ 3-Day Sailing /Windsurf Camp	2 people	3 people	12 year+ THB 1,800 per person/3days
★ Thai Dance Lesson in Traditional Dress	2 people	6 people	4 year+ THB 950 per person
★ Private Thai Boxing Class			7 year+ THB 1,000 hour/person
★ Private Fitness Class			14 year+ THB 2,500 hour/person
★ Private Yoga Class			7 year+ THB 2,500 hour/person
★ Private Thai Cooking Class		4 people	12 year+ THB 2,350 per person
★ Cooking Kiddos Class			7 year+ THB 990 per person

Remarks :

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

Prices are subject to 10% service charge and applicable government tax.