

COMPLIMENTARY *Wellness* SCHEDULE | MARCH 2025



DAY/TIME	08:00	11:30	15:00	16:00	17:00	17:30	18:45
SUN	Nature Walk (Meet at Lobby)	Aqua Fit (The Main Pool)	Thai Talk (Kids Club)	Dart Tournament (Game Room)		30 Mins Sunset Yoga (Top of building 8)	
MON	30 Mins Yoga for Beginner (Top of building 8)		Fruit Carving Class (Kids Club)	Pool Table Tournament (Game Room)	30 Mins Intro to Muay Thai (Top of building 8)		Fire Show (The Radiant Sun)
TUE	30 Mins Tai Chi (Sculpt Fitness)	Khim Performance (Lobby)	Basic Swimming (The Main Pool)	Thai Talk (Kids Club)		30 Mins Sunset Yoga (Top of building 8)	
WED	Morning Trail Walk to Freedom Beach (Meet at Lobby)	Aqua Fit (The Main Pool)	Thai Talk (Kids Club)	Dart Tournament (Game Room)	30Mins Abdominal Exercise (Top of building 8)		Fire Show (The Radiant Sun)
THU	30 Mins Pilates Work Out (Top of building 8)	Khim Performance (Lobby)	Fold The Pandan Rose (Kids Club)	Table Tennis Tournament (Game Room)		30 Mins Body Stretching (Top of building 8)	
FRI	Morning Jogging (Meet at Lobby)	Aqua Fit (The Main Pool)	Thai Talk (Kids Club)	Pool Table Tournament (Game Room)	30 Mins Circuit Muay Thai (Top of building 8)		Fire Show (The Radiant Sun)
SAT	30 Mins Body Weight (Top of building 8)	Khim Performance (Lobby)	Thai Leaf Origami (Kids Club)	Thai Talk (Kids Club)		Kite Flying (Top of building 8)	
Rainy Day	30 Mins Body Stretching (Sculpt Fitness)	Thai Talk (Kids Club)	Thai Leaf Origami (Kids Club)	Tournament Table tennis, Pool & football Table (Game Room)		30 Mins Sunset Yoga (Sculpt Fitness)	

PRIVATE CLASSES THB 1,000++/ HOUR/PERSON, THB 1,500++/HOUR/ TWO PERSON. DATE AND TIME ARE SUBJECT ON DISCUSSION. (YOGA, MUAY THAI,PILATES WORK OUT,FULL BODY STRETCHING,WAI KRU MUAYTHAI)
ALL ACTIVITIES ARE SUBJECT TO CANCEL OR CHANGE WITHOUT NOTICE, DEPENDS ON THE WEATHER. ADVANCE RESERVATION IS HIGHLY RECOMAND.
FOR MORE INFORMATION PLEASE CONTACT KIDS CLUB (09.00HRS. - 18.00HRS.) DIAL 6711 OR 0