



RECREATIONAL / PLAY ACTIVITIES WEEKLY PROGRAM

TIME	SUN	MON	TUE	WED	THU	FRI	SAT	RAINY DAY
08.30 - 09.30	Strong Abs* (6 Max)	Body Machine Work Out (6 Max)	Sun Salutation Yoga*					<ul style="list-style-type: none"> • Table Games • Art & Craft Making
10.00 - 11.00	Aqua Aerobic							
10.30 - 11.30	Body Combat* (8 Max)	Six Pack Partner* (6 Max)	Pilates*					
11.00 - 12.00	Water Sport Lesson** (Sailing, Windsurfing, Stand Up Paddle Board)							
14.00 - 15.00	Walk On The Water							<ul style="list-style-type: none"> • Movie (Tree House Kids Club) • Neck & Shoulder Massage (Angsana Spa 15 min.)
	Fun Aerobic*	Zumba* (8 Max)	Crossfit* (4 Max)	Bootcamp* (6 Max)	SUP Yoga* (4 Max)	Ultimate Mini Marathon* (6 Max)	Basic Thai Boxing* (4 Max)	
14.00 - 16.00	Snorkeling**, Bike Tour**, Kayak Tour**							
15.00 - 16.00	Water Games (Polo, Basketball, Volleyball)							
16.30 - 17.30	Beach Games (Volleyball, Soccer, Bocce)							
18.30 - 20.30	Movie in The Garden (Every Tuesday)							

OUTLETS	TIME
• Fitness Center*	24 Hours
• Main Pool & Villa Pool	8.00 - 18.30
• Water Sport	9.00 - 17.00
• Activity Center/Tennis Court	7.00 - 20.00 (Call 8627)
• Beach	8.00 - 18.00
• Tree House Kids Club	9.00 - 18.00 (Call 8628)
• Recreation Office	8.00 - 18.00 (Call 8629)

*The recreation attendants are on duty from 6.00 until 21.00

REMARKS

- For Bike rental, please contact Tree House Kids Club between 9.00 - 18.00
- For Tennis Court booking please contact Fitness Center between 7.00 - 21.00
- For more information, please contact the Activity Center between 7.00 - 17.00

* need to be booked 1 day in advance.

** chargeable and need to be booked 1 day in advance.

(Bike Tour & Kayak Tour: THB 450, Private Thai Boxing: THB 800, Water Sport Lesson: THB 800)

(All other private classes: THB 800, Snorkeling Tour: THB 1,200)