

ADULT ACTIVITIES SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 9:00 AM	Yoga Class Bend your body, within the seclusion of flora & fauna Activity room		Yoga Class Bend your body, within the seclusion of flora & fauna Activity room		Yoga Class Bend your body, within the seclusion of flora & fauna Activity room		
10:00 - 10.30 AM		Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room	TOWEL FOLDING Learn to make beautiful animals like swans and elephants – super fun Activity room	Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room		TOWEL FOLDING Learn to make beautiful animals like swans and elephants – super fun Activity room	Thai Language Lesson Simple and fun lessons to help you chat with the friendly locals! Activity room
11.00 -Noon	Pool Volleyball "Bump, set, and spike" in a fun-filled pool match. With kids 6-12 years old Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout Aqua pool	Water Polo Classic wet group game, a fun filled time. Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout. With kids 6-12 years old Aqua pool	Pool Volleyball "Bump, set, and spike" in a fun-filled pool match Aqua pool	Aqua Aerobics Stay fit and cool at the same time with this friendly workout. Aqua pool	Water Polo Classic wet group game, a fun filled time. With Kids 6 – 12 years old. Aqua pool
12.00 - 1.30 PM	Beginner MENU A Thai Cooking Class Explore the mystique of Thai cuisine 900 Baht At the Floating Market		Beginner MENU B Thai Cooking Class Explore the mystique of Thai cuisine 900 Baht At the Floating Market		Beginner MENU A Thai Cooking Class Explore the mystique of Thai cuisine 900 Baht At the Floating Market		Beginner MENU B Thai Cooking Class Explore the mystique of Thai cuisine 900 Baht At the Floating Market
12.00 - 2.00 PM		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market		Advance Thai Cooking Class Create and enjoy the mystique of Thai cuisine. 1,500 Baht At the Floating Market	
2:00 - 3:00 PM	Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport Activity room		Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport Activity room		Thai Boxing Class Learn the fundamentals of Thailand's cherished national sport Activity room		
2.00 - 3.00 PM		Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market		Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market			Fruit & Vegetable Carving Create amazing flowers with your very own hands. 300 Baht At the Floating Market
3.00 - 4.00 PM		Cocktail Lesson A Pornstar Martini & Coral Line 600 Baht At Mango Bar		Cocktail Lesson B Coconut Dream & Rum Cooler 600 Baht At Mango Bar	Cocktail Lesson A Pornstar Martini & Coral Line 600 Baht At Mango Bar		Cocktail Lesson B Coconut Dream & Rum Cooler 600 Baht At Mango Bar
3.00 - 5.00 PM	Beginner Health Walk to Tsunami park and market 2 kilometers (2 hours walk) Meet: at Fitness Center		Beginner Health Walk to Tsunami park and market 2 kilometers (2 hours walk) Meet: at Fitness Center			Beginner Health Walk to Tsunami park and market 2 kilometers (2 hours walk) Meet: at Fitness Center	
4:00 - 5:00 PM		Zumba Have Fun, Feel the movement @ talay garden or activities room		Zumba Have Fun, Feel the movement @ talay garden or activities room	Beach Soccer The world's most popular sport played on the ideal located of Nang Thong Beach! Meet @ the Fitness Center		Beach Soccer The world's most popular sport played on the ideal located of Nang Thong Beach! Meet @ the Fitness Center

Note: All activities must be booked one day in advance.

** Activities with highlights must be canceled before 8:30 AM the following day.**

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