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DAY	7:00 a.m.	9:00 a.m.	2:00 p.m.	4:00 p.m.
MONDAY	Morning Run 	DIY Luk Prakob 	Thai Boxing  	Beach Volleyball 
TUESDAY	Yin Yoga  	Tie-Dyeing  	Body Weight 	Beach Football 
WEDNESDAY	Vinyasa Yoga & Pranayama  	Gel Candle Making  	Thai Boxing  	Kite Flying 
THURSDAY	Hatha Yoga & Meditation  	Blow & Umbrella Painting  	Floating Flower Making 	Beach Football 
FRIDAY	Morning Run 	Scented Bag Making 	Body Weight 	Beach Football 
SATURDAY	Vinyasa Yoga & Pranayama  	Tie-Dyeing  	Thai Boxing  	Beach Ping Pong 
SUNDAY	Yin Yoga  	Batik Dyeing  	Floating Flower Making 	Kite Flying 

 Spa Area
  Yoga Studio
  Main Pool
  Cheong Mon Beach

NOTES:

- In case of rain, all yoga classes will be held in the yoga studio.
- Kayak, paddle board and fat tire bike are available for service at the beach from 9:00 AM – 5:00 PM.
- Pétanque is available for service at the fitness from 9:00 AM – 5:00 PM.
- Maximum 5 participants for DIY Luk Prakob (Thai herbal compress ball) and floating flower making classes.



Yoga classes:

- Maximum 10 participants per public group class (complimentary)
- Private class of up to 5 participants is available for THB 2,000 per hour



Thai boxing classes:

- Maximum 6 participants per public group class (complimentary)
- 1-hour private group class is available for THB 800 per person (maximum 4 participants)
- Private class of up to 2 participants is available for THB 2,000 per hour



Tie-Dyeing, batik dyeing, gel candle making, blow & umbrella painting classes are with fee of THB 500 net each.

In association with Dog and Cat Rescue Samui (DCRS)



Dog, Pet and Care

















Every Thursday of the first and the third week of the month

Paw Park

9:00 – 11:00 AM

For information or activity reservations, please contact ext. 5807

RESORT RAINING ACTIVITIES

DAY	7:00 a.m.	10:00 a.m.	2:00 p.m.	4:00 p.m.
MONDAY	Morning Stretch	DIY Luk Prakob	Thai Boxing 	Yoga for Beginner 
TUESDAY	Yin Yoga 	Tie Dyeing 	Body Weight	Aerobic Dancing
WEDNESDAY	Vinyasa Yoga & Pranayama 	Gel Candle Making 	Thai Boxing 	Basic Thai Language Lesson
THURSDAY	Hatha Yoga & Meditation 	Family Art (Batik Painting) 	Floating Flower Making	Body Combat
FRIDAY	Morning Stretch	Scented Bag Making	Thai Cooking Class 	Yoga for Beginner 
SATURDAY	Vinyasa Yoga & Pranayama 	Tie Dyeing 	Thai Boxing 	Basic Thai Language Lesson
SUNDAY	Morning Stretch	Yoga for Beginner 	Thai Cooking Class 	Body Combat

NOTES:

- Maximum 5 participants for DIY Luk Prakob (Thai herbal compress ball) and floating flower making classes.



Tie dyeing, batik painting, gel candle making classes are with fee of THB 500 net each.



Thai cooking class start from THB 1,900++ per person. Advance reservation is required.



Yoga classes:

- Maximum 10 participants per public group class (complimentary)
- Private class of up to 5 participants is available for THB 2,000 per hour



Thai boxing classes:

- Maximum 6 participants per public group class (complimentary)
- 1-hour private group class is available for THB 800 per person (maximum 4 participants)
- Private class of up to 2 participants is available for THB 2,000 per hour