



● Free of charge
Reservations required

฿ Charges apply
Reservations required_

MON — TUES — WED — THURS — FRI — SAT — SUN

WELL-BEING

- ฿ Sunrise Yoga at the beach (฿500.-) min 2 people
- Windsurf Discovery
- Gentle Yoga at the Sport Complex
- Golf Intro
- Sailing Discovery
- Adult Tennis Lesson
- Adult Thai Boxing
- ฿ 3-Day Thai Boxing Camp (฿1800.-) begins Saturday
- Football vs Santiburi
- SUP Introduction (stand up paddle board)
- Billiards/Snooker
- Table Tennis
- Badminton

8am 10am	11am	8am 11am	1pm 11am	10am		11am 9am
9am 4:30pm			every day		10am	
9am-11pm			every day			
10am-6pm			every day			
9am-6pm			every day			

ADVENTURE

- Sailing with instructor
- ฿ Jungle Trek to Waterfall (฿550.-) max 10 people
- ฿ Bike Tour through Village Life (฿450.-) max 6 people
- Beach Fishing (12 years +)
- Beach Volleyball (seasonal)

2pm-3pm	2pm-4:30pm		every day			
4pm-5pm		3pm-4pm	every day		10:30-11:30am	

KIDS

- ฿ 3-Day Thai Boxing Camp (฿1800.-) begins Saturday
- ฿ 3-Day Sailing/Windsurf Camp (฿1800.-) starts any day
- Kids Thai Boxing
- Kids Tennis Lesson
- Junior Camp AM
- Junior Camp PM (Every Thursday kids' night 6-10pm)
- Evening Movie at the beach (seasonal)

3:30pm		10:30am	10:30am	10:30am		3:30pm 10:30am
9am-12pm			every day	every day		
1pm-6pm			every day	every day		
7pm-9pm			every day	every day		

CULTURE

- Local Market Tour
- ฿ Thai Massage Lesson at the beach sala (฿950.-)
- ฿ Thai Herbal Compress Class (฿950.-)
- ฿ Thai Hermit Sage Stretches at the beach sala (฿650.-)
- ฿ Thai Dance Lesson in Traditional Dress (฿950.-) min 2 persons

1pm	7:30am		7:30am			
		THAI DAY	3pm	1pm		

- Monk Alms Giving Ceremony (every other Wednesday)
- Herbal Garden Tour meet at the spa
- Evening Torch Ceremony meet at the lounge

CULINARY

- ฿ Family Thai Cooking Class (฿1750++) max 4 people
- ฿ Private Thai Cooking Class (฿2350++) max 2 people, any day

			1pm	1pm		
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1 DAY ADVANCE RESERVATIONS REQUIRED FOR ALL ACTIVITIES TO ENSURE AVAILABILITY.
ALL CULINARY ACTIVITIES ARE SUBJECT TO 10% SERVICE CHARGE AND APPLICABLE GOVERNMENT TAXES.



Ask for our special Thai Day programme at the reception