



Recreation Programme 2019

Monday

Time	Activities	Meeting Point
08.30 – 09.15	Resort Jogging	Beach
10.00 – 11.00	Sense of Nature Tour (Maximum 4 guests)	Lobby Lounge
11.00 – 12.00	Darts Tournament	Recreation Lawn
14.00 – 15.00	Sailing for Beginners (Maximum 2 guests)	Beach
16.00 – 17.00	Pool Table Tournament	Recreation lawn

Tuesday

Time	Activities	Meeting Point
08.30 – 09.15	Stretching	Yoga Centre
10.00 – 11.00	Yoga Sun Salutation Class	Yoga Centre
11.00 – 12.00	Guided Snorkelling Tour	Beach
14.00 – 15.00	Introduction to Thai Boxing Class	Yoga Centre
16.00 – 17.00	Pilates	Yoga Centre

Wednesday

Time	Activities	Meeting Point
08.30 – 09.15	Resort Jogging	Beach
10.00 – 11.00	Yoga Sun Salutation Class	Yoga Centre
11.00 – 12.00	Aqua Exercise	Main Pool
14.00 – 15.00	Sailing for Beginners (Maximum 2 guests)	Beach
16.00 – 17.00	Yoga Asana	Yoga Centre

Thursday

Time	Activities	Meeting Point
08.30 – 09.15	Stretching	Yoga Centre
10.00 – 11.00	Pool Table Tournament	Recreation lawn
11.00 – 12.00	Zumba for Beginners (Maximum 5 guests)	Yoga Centre
14.00 – 15.00	Introduction to Thai Boxing Class	Yoga Centre
16.00 – 17.00	Sense of Nature Tour (Maximum 4 guests)	Lobby Lounge

Friday

Time	Activities	Meeting Point
08.30 – 09.15	Resort Jogging	Beach
10.00 – 11.00	Yoga Sun Salutation Class	Yoga Centre
11.00 – 12.00	Aqua Exercise	Main Pool
14.00 – 15.00	Guided Snorkelling Tour	Beach
16.00 – 17.00	Pilates	Yoga Centre

Saturday

Time	Activities	Meeting Point
08.30 – 09.15	Stretching	Yoga Centre
10.00 – 11.00	Yoga Sun Salutation Class	Yoga Centre
11.00 – 12.00	Zumba for Beginners (Maximum 5 guests)	Yoga Centre
14.00 – 15.00	Sailing for Beginners (Maximum 2 guests)	Beach
16.00 – 17.00	Yoga Asana	Yoga Centre

Sunday

Time	Activities	Meeting Point
08.30 – 09.15	Stretching	Yoga Centre
10.00 – 11.00	Yoga Sun Salutation Class	Yoga Centre
11.00 – 12.00	Aqua Exercise	Main Pool
14.00 – 15.00	Introduction to Thai Boxing Class	Yoga Centre
16.00 – 17.00	Pilates	Yoga Centre

Please book all activities at least one hour in advance.
The activities can be cancelled without prior notice depending on weather conditions.
For more information, please contact our Guest Services Centre.