

# Weekly Recreation Program

**Monday**

8AM - 9AM



Beach Power Walk  
At Beach

2PM - 3PM



Pilates  
At Fitness Centre

**Tuesday**

8AM - 9AM



Body Workout  
At Fitness Centre

2PM - 3PM



Thai Boxing  
At Fitness Centre

**Wednesday**

8AM - 9AM



Stretching Class  
At Fitness Centre

2PM - 3PM



Aqua Aerobic  
At Pool

**Thursday**

8AM - 9AM



Thai Boxing  
At Fitness Centre

2PM - 3PM



Stand up Paddle Board  
(for beginner)  
At Pool

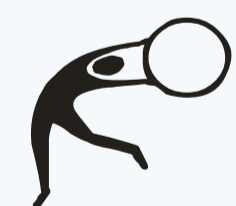
**Friday**

8AM - 9AM



Yoga  
At Fitness Centre

2PM - 3PM



Fit Ball Class  
At Fitness Centre

**Saturday**

8AM - 9AM



Beach Power Walk  
At Beach

2PM - 3PM



Thai Boxing  
At Fitness Centre

**Sunday**

8AM - 9AM



Stretching Class  
At Fitness Centre

2PM - 3PM



Aqua Aerobic  
At Pool

•All activities are required the minimum of one hour booking in advance.

For more information or activities' booking, please contact our "Guest Service Centre".



BANYAN TREE  
KRABI