

## DAILY SPORT ACTIVITIES

ONE DAY ADVANCE BOOKING REQUIRED.

*For more information please contact at fitness department or call 537*



# SPORT ACTIVITIES

### Monday

07:00am Yoga Class  
09:00am Abdominal Training  
13:00pm Fruit Carving (500THB Net)  
15:00pm Water Polo  
16:00pm Beach Soccer

### Tuesday

08:00am Abdominal Training  
10:00am Weight Training  
13:00pm Water Polo  
15:00pm Beach Volleyball

### Wednesday

07:00am Yoga Class  
09:00am Abdominal Training  
13:00pm Fruit Carving (500THB Net)  
15:00pm Water Polo  
16:00pm Beach Soccer

### Thursday

08:00am Weight Training  
10:00am Fit ball Training  
13:00pm Fruit Carving (500 THB Net)  
15:00pm Beach Volleyball

### Friday

08:00am Fit ball Training  
10:00am Dumbbell Training  
13:00pm Fruit Carving (500 THB Net)  
15:00pm Beach Volleyball

### Saturday

07:00am Yoga Class  
09:00am Abdominal Training  
13:00am Fruit Carving (500 THB Net)  
15:00pm Water Polo  
16:00pm Beach Soccer



**KAYAK 1 HRS.  
100 THB NET**

**SNORKELING  
1 HRS.  
100 THB NET**