

ADULTS ACTIVITIES SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Make your Own Sunrise Jogging Session – 5km <i>Check the jogging map with our lifestyle team to start the day on the right foot</i>						
8am	Basic Yoga Class <i>@Junction</i>	Gentle Yoga Class <i>@Junction</i>	Wake-Up Yoga Class <i>@Junction</i>	Sunrise Yoga Class <i>@Junction</i>	Advanced Yoga Class <i>@Junction</i>	Relaxing Yoga Class <i>@Junction</i>	Resourcing Yoga Class <i>@Junction</i>
9.30am	30min Flying Disc <i>@Beach</i>	30min Pilates <i>@Junction</i>	30min Skipping Rope <i>@Beach</i>	30min Abs <i>@Junction</i>	30min Flying Disc <i>@Beach</i>	5 Essential* <i>Balance Board @Beach</i>	30min Skipping Rope <i>@Beach</i>
10am	Trampoline* <i>Fit @Pullman Fit</i>	Badminton <i>@Beach</i>	Group Basic Thai Boxing <i>@Beach</i>	Badminton <i>@Beach</i>	Group** Advanced Thai Boxing <i>@Beach</i> THB500	Badminton <i>@Beach</i>	Smash Time* <i>@Beach</i>
11am	Aqua Gym <i>@Seaside Pool</i>						
12.30pm	Pastry** Class <i>@Aqua</i> THB500	Thai** Cooking Class <i>@Aqua</i> THB1,500	Gourmet** Burgers Class <i>@Aqua</i> THB500	Family** Pizza Making Class <i>@Edge</i> THB500	Pastry** Class <i>@Aqua</i> THB500	Thai** Cooking Class <i>@Aqua</i> THB1,500	Family** Pizza Making Class <i>@Edge</i> THB500
2pm	Pool Table <i>@Junction</i>	Cocktail Making Class <i>@Junction</i> THB600	Crossbow* <i>@Beach</i>	Barista Class <i>@Edge</i> THB300	Mocktail* Making Class <i>@Junction</i> THB300	Barista Class <i>@Edge</i> THB300	Sunday Ice Cream <i>@Edge</i> THB300
4pm	Beach* Volleyball <i>@Beach</i>	Aqua* Volleyball <i>@Seaside Pool</i>	Pétanque <i>@Beach</i>	Table*** Tennis <i>@Seaside Pool</i>	Dart*** Competition <i>@Seaside Pool</i>	Spike Ball*** <i>@Beach</i>	Beach Ball*** Racket <i>@Beach</i>
7pm <i>(Child Care 6 and above)</i>		"Dine In Peace" Movie Night <i>@Junction</i>		"Dine In Peace" Movie Night <i>@Junction</i>		"Dine In Peace" Movie Night <i>@Junction</i>	

Day to Day Sea-gnature Activities
Check-out the tide table to pick your favorite!



* Teenager Recommended Activity

** 24-hr Advance Booking required

*** Challenge our team, Win and Get the Reward of the Day



KIDS ACTIVITIES SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Floating Fishing Game	Castle Discovery	Floating Fishing Game	Mini Foosball Table Competition	Floating Fishing Game	Mini Foosball Table Competition	Floating Fishing Game
10am	Bracelet Making	Origami	Balloon Art	3D Drawing	Bracelet Making	Sock Doll Making	Balloon Art
11am	<i>Discovery OUTDOOR ACTIVITY</i> Treasure Hunt & Scavenger Game Group Activity Catamaran Discovery (max 5 kids) THB200 per person (10 years old up)						
12.30pm	PlayStation 4 Educative Games						
2pm	3D Paper Art	Volley Balloon	Bracelet Making	Paper Mache	Drawing & Coloring	Learn Thai Writing	3D Drawing
3pm	Plaster Doll* Painting	Batik* Painting	Umbrella* Painting	Sand & Gel* Candle	Nail Painting*	Clay Art*	Fan Painting*
4pm	Creative Card	Dream Catcher Making	Nature Art	Swan Origami	Dream Catcher Making	Photo Framing Making	Treasure Hunt
5pm	Let's Play Uno	Let's Play 4 In Row	Let's Play Jenga-a	Let's Learn Rubik's Cube	Let's Play Catch	Let's Play Uno	Let's Play Jenga-a

SAPPAROT KIDS CLUB

Location : next to Pullman Fit & Garden View Pool

Open hours : 9am – 6pm

Kids pool with slide available from 7am – 7pm

* THB250 per activity

** Babysitting available on request, THB250 net per hour

"Dine In Peace" Kids movie available @Junction with Free Pop Corn

