MADULTS ACTIVITIES SCHEDULE

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

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

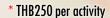
M KUDS ACTIVITIES SCHEDULE

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	Discovery OUTDOOR ACTIVITY 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		
Зрт	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



^{**} Babysitting available on request, THB250 net per hour

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











