

# ADULTS ACTIVITIES SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
From 7am	Make your Own Sunrise Jogging Session – 5km `check the jogging map with our lifestyle team to start the day on the right foot`						
08.00am	Basic Yoga Class @Junction	Gentle Yoga Class @Junction	Wake-Up Yoga Class @Junction	Sunrise Yoga Class @Junction	Advanced Yoga Class @Junction	Relaxing Yoga Class @Junction	Resourcing Yoga Class @Junction
09.30am		30Min Pilates @Pullman Fit		30Min Abs @Pullman Fit		5 Essential Balance Board @Beach*	
10.00am	Trampoline Fit @Pullman Fit*	Badminton @Beach	Group Basic Thai Boxing @Beach	Badminton @Beach	Group Adv Thai Boxing** @Beach THB500	Badminton @Beach	Smash Time @Beach*
11.00am	Aqua Gym @Sea View Pool						
12.30pm		Thai Cooking Class @Aqua THB 1,500**		Family Pizza Making Class @Edge THB 500**		Thai Cooking Class @Aqua THB 1,500**	
02.00pm	Pool Table @Junction	Cocktail Making Class @Junction 600THB	Crossbow @Beach*	Barrista Class @Edge 300 THB	Mocktail Making Class @Junction 300THB*	Barrista Class @Edge 300 THB	Sunday Ice Cream @Edge 150 THB
04.00pm	Beach Volleyball @Beach*	Aqua Volleyball @Seaside Pool*	Pétanque @Beach	Table Tennis*** @Sea View Pool	Dart Competition *** @Seaside Pool	Spike Ball*** @Beach	Beach Ball Racket*** @Beach
07.00pm (Child Care - 6 and above)			“Dine In Peace” Movie @Junction		“Dine In Peace” Movie @Junction	“Dine In Peace” Movie @Junction	

**\*Teenager Recommended Activity      \*\* 24h Advance Booking required**

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

Day to Day  
Sea-gnature  
Activities

Check-out the tide  
schedule to pick  
your favorite!



# SAPPAROT KIDS CLUB ACTIVITIES SCHEDULE

Just for Fun

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00am	Floating Fishing Game	Castle Discovery	Floating Fishing Game	Mini Foosball Table competition	Floating Fishing Game	Mini Foosball Table Competition	Floating Fishing Game
10.00am	Bracelet Making	Origami	Balloon Art	3D Drawing	Bracelet Making	Sock Doll Making	Balloon Art
11.00am	Discovery OUTDOOR ACTIVITY Treasure Hunt & Scavenger Game – Group Activity Catamaran Discovery (max 5 kids) – THB 200 per person (10 years old up)						
12..30pm	PlayStation 4 Educative Games						
02.00pm	3D Paper Art	Volley Balloon	Bracelet making	Paper Mache	Drawing & Coloring	Learn Thai Writing	3D Drawing
03.00pm	Plaster Doll painting*	Batik Painting*	Umbrella Painting*	Sand & Gel Candle*	Nail Painting*	Clay Art*	Fan Painting*
04.00pm	Creative Card	Dream Catcher Making	Nature Art	Swan Origami	Dream Catcher Making	Photo Framing Making	Treasure Hunt
From 5pm	Let's Play Uno	Let's Play 4 in row	Let's Play Jenga-a	Let's Learn Rubicube	Let's Play Catch	Let's Play Uno	Let's Play Jenga-a

Babysitting available on request, THB 250 net per hour  
 Kid's Club Location : next to Pullman Fit & Garden View Pool  
 Open hours : 09.00am – 06.00pm

Kids pool with slide available  
 from 7 am – 7 pm

“Dine-In-Peace” Kids movie available @Junction with Free Pop Corn

**\*\*THB200 per activity**