

ADULTS ACTIVITIES SCHEDULE

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

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 Essential¹ Balance Board <i>@Beach</i>	30min Skipping Rope <i>@Beach</i>
10am	Trampoline¹ Fit <i>@Pullman Fit</i>	Badminton <i>@Beach</i>	Private² Thai Boxing Session <i>@Beach</i> THB500	Badminton <i>@Beach</i>	Private² Thai Boxing Session <i>@Beach</i> THB500	Badminton <i>@Beach</i>	Smash Time¹ <i>@Beach</i>
11am	Aqua Gym <i>@Seaside Pool</i>						
12.30pm	Pastry Class² <i>@Aqua</i> THB500	Barista Class <i>@Edge</i> THB300	Gourmet² Burgers Class <i>@Aqua</i> THB500	Family Pizza² Making Class <i>@Edge</i> THB500	Pastry Class² <i>@Aqua</i> THB500	Barista Class <i>@Edge</i> THB300	Family Pizza² Making Class <i>@Edge</i> THB500
2pm	Pool Table <i>@Junction</i>	Cocktail Making Class <i>@Junction</i> THB600	Crossbow¹ <i>@Beach</i>	Thai^{2*} Cooking Class <i>@Aqua</i> THB2,500	Mocktail¹ Making Class <i>@Junction</i> THB300	Thai^{2*} Cooking Class <i>@Aqua</i> THB2,500	Sunday Ice Cream <i>@Edge</i> THB300
4pm	Beach¹ Volleyball <i>@Beach</i>	Aqua¹ Volleyball <i>@Seaside Pool</i>	Pétanque <i>@Beach</i>	Table Tennis³ <i>@Seaside Pool</i>	Dart³ Competition <i>@Seaside Pool</i>	Spike Ball³ <i>@Beach</i>	Beach Ball³ 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>		



¹ Teenager Recommended Activity

² One day book in advance before 6pm

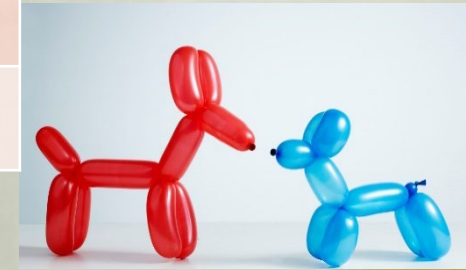
³ Challenge our team, Win and Get the Reward of the Day

* Date adjustable for Cooking Class



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 slider available from 10am – 6pm

* Starting from THB200 per activity

** Babysitting available on request, THB250 net per hour

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

12/16/2018
 Prachi Pandey
 01 JAN 19
 DAOTEMFAH
 28 OCT 20
 DIANA & NADIA
 21/10/18

