

# RESORT ACTIVITY SCHEDULE

WE ARE PLEASED TO PROVIDE THE FOLLOWING COMPLIMENTARY GROUP CLASSES FOR YOUR ENJOYMENT.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 – 09:00	CIRCUIT TRAINING (30 MINS)	CARDIO WORKOUT (30 MINS)	<b>BEGINNERS YOGA</b> (30 MINS)	<b>BIKE AROUND THE LAKE</b> (30 MINS)	THAI BOXING (30 MINS)	BEGINNERS YOGA (30 MINS)	AEROBICS DANCE (30 MINS)
09:30 – 10:30	<b>THAI BOXING</b> (30 MINS)	<b>FARM TOUR</b>	FAN PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	<b>CIRCUIT TRAINING</b> (30 MINS)	CARDIO WORKOUT (30 MINS)
11:00 – 12:00	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	PLAM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	FAN PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)
13:00 – 14:00	DIY PAPER (FOR CHILDREN UNDER 12 YEARS OLD)	PLAM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	KHRUA NAISUAN GARDEN KITCHEN COOKING CLASS (13:30-16:00) 3,000฿ per person 5,400฿ per couple	COLORING PICTURES (30 MINS)	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	<b>KHRUA NAISUAN</b> GARDEN KITCHEN COOKING CLASS (13:30-16:00) 3,000฿ per person 5,400฿ per couple
14:30 – 15:30	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)	FARM TOUR	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)
16:30 – 17:30	SUNSET YOGA (30 MINS)	KID'S COOKING DEMONSTRATION (FOR CHILDREN UNDER 12 YEARS OLD) (16:30 - 17:30) 24 HOUR BOOK IN ADVANCE	THAI BOXING (30 MINS)	FARM TOUR	<b>SUNSET YOGA</b> (30 MINS)	KID'S COOKING DEMONSTRATION (FOR CHILDREN UNDER 12 YEARS OLD) (16:30 - 17:30) 24 HOUR BOOK IN ADVANCE	FARM TOUR

\*Private class additional 1000++Bath per person, 500++Bath for extra person and maximum 2 people per class  
PARTICIPANTS ARE LIMITED IN SOME CLASSES, SO PLEASE RESERVES YOUR PLACE 24 HRS IN ADVANCE WITH OUR GUEST SERVICES TEAM.



## THAI BOXING

**MONDAYS**  
09:30 to 10:30 • At the beachfront

Muay Thai is a physical and mental discipline which is also known as “the art of eight limbs” due to its combined use of fists, elbows, knees, shins and feet. It’s a tough sport that requires a lot of physical preparation and is unique to Thailand.

## SALA FARMLIFE

Animal feeding and garden tour

**TUESDAYS**  
09:30 to 10:30 • At the Chef garden

Join us for a guided tour of our all-new SALA Farmlife project. Meet and feed some of our furry and feathered friends, learn more about our sustainability practices and how we grow our own produce for our signature menus.

## BEGINNERS MORNING YOGA

**WEDNESDAYS**  
08:30 to 09:00 • At the beachfront

"Yoga" means creating a balance of body, mind and soul to be as one. Practicing yoga is a process of training the mind to focus as you combine slow movement with breath-to-motion synchronization. Our morning Yoga classes are an excellent introduction class for new comers to this popular wellness practice.

## BIKE AROUND THE LAKE

**THURSDAYS**  
08:30 to 09:00 • At the Lake

A bike ride around Pru Jeh Son Lake is a fantastic way to burn off some holiday calories. Sunrise is particularly beautiful with the morning sun reflecting off the lake.

## SUNSET YOGA

**FRIDAYS**  
16:30 to 17:30 • At the beachfront

"Yoga" means creating a balance of body, mind and soul to be as one. Practicing yoga is a process of training the mind to focus as you combine slow movement with breath-to-motion synchronization. Our Sunset Yoga classes are an excellent introduction class for new comers to this popular wellness practice.

## CIRCUIT TRAINING

**SATURDAYS**  
09:30 to 10:30 • At Yoga Studio Room

Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. Circuit training is very time efficient which makes it a popular method of training. It is an excellent way to improve cardiovascular fitness and muscular strength endurance.

## KHRUA NAI SUAN GARDEN KITCHEN COOKING CLASS

**SUNDAYS**  
13:00 to 14:00 • At the Chef garden

Experience a cooking class with a difference, under the swaying branches of a Banyan Tree, set within our SALA Farmlife project. At our Khrua Nai Suan – Garden Kitchen Cooking Class you will not only learn some amazing Thai dishes as you are guided by our talented culinary team, but also harvest some of the fresh produce and ingredients directly from our farm and garden. Advanced reservations are highly recommended due to limited availability.