



RESORT ACTIVITY SCHEDULE NOVEMBER 2024

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	BIKE TOUR MAI KHAO BEACH AIRPORT VIEW POINT	BEGINNERS YOGA (30 MINS)	BIKE AROUND THE LAKE (30 MIN)	INTERVAL LAKE RUN	THAI BOXING (30 MINS)	AEROBICS DANCE (30 MINS)	BEGINNERS YOGA (30 MINS)
09.30 – 10.30	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	CIRCUIT TRAINING (30 MINS)	THAI BOXING (30 MINS)
11.00 – 12.00	THAI BOXING (30 MINS)	PALM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)	CARDIO WORKOUT (30 MINS)	BAG PAINTING (30 MINS)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)
13.00 – 14.00	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	KHRUA NAISUAN GARDEN KITCHEN COOKING CLASS *THB 3,000 PER PERSON *THB 5,400 PER COUPLE	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	FITBALL WORKOUT (30 MINS)	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	KHRUA NAISUAN GARDEN KITCHEN COOKING CLASS *THB 3,000 PER PERSON *THB 5,400THB PER COUPLE
14.30 – 15.30	CIRCUIT TRAINING (30 MINS)	FITBALL WORKOUT (30 MINS)	THAI BOXING (30 MINS)	CIRCUIT TRAINING (30 MINS)	PALM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)
16.30 – 17.30	FARM TOUR	KID'S COOKING DEMONSTRATION (FOR CHILDREN UNDER 12 YEARS OLD) 24 HRS BOOK IN ADVANCE	SUNSET YOGA (30 MINS)	FARM TOUR	SUNSET YOGA (30 MINS)	KID'S COOKING DEMONSTRATION (FOR CHILDREN UNDER 12 YEARS OLD) 24 HRS BOOK IN ADVANCE	FARM TOUR

*Private class additional THB 1,000++ per person, THB 500++ for extra person and maximum 2 people per class
PARTICIPANTS ARE LIMITED IN SOME CLASSES, SO PLEASE RESERVE YOUR PLACE 24 HRS IN ADVANCE WITH OUR GUEST SERVICES TEAM

Prices are in Thai Baht and subject to 10% service charge and 7% value added tax



THAI BOXING | 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.

BEGINNER YOGA | 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 | 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.

SALA FARMLIFE | At the Chef garden

Animal feeding and garden tour

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.

SUNSET YOGA | 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 classes are an excellent introduction class for new comers to this popular wellness practice.

CIRCUIT TRAINING | 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 | 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. Advance reservations are highly recommended due to limited availability.

