

Activities PROGRAMME

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|---|--|---|--|---|--|
| 8:00 - 8:40 | Functional Workout @ Fitness Centre | Yoga On The Beach @ Fitness Centre | Core Workout @ Fitness Centre | Crossfit (NOO) @ Fitness Centre | Sunrise Yoga @ Fitness Centre | ABS Workout @ Fitness Centre | Crossfit (NOO) @ Fitness Centre |
| 9:00 - 9:30 | Meet with @ The Cove | Meet with @ The Cove | Meet with @ The Cove | Meet with @ The Cove | Meet with @ The Cove | Meet with @ The Cove | Meet with @ The Cove |
| 9:00 - 11:00 | *Bath Painting @ Camp Safari | *Tie - dye shirt @ Camp Safari Table Tennis @ Playground 10:45 | *Bag Creation @ Camp Safari | *T-Shirt Painting @ Camp Safari Billed @ The Coast 10:45 | *Paper Painting @ Camp Safari | Free Tennis Kicker for Adult (9:00 - 10:00) @ Fitness Centre Table Tennis @ Playground 10:45 | *T-Shirt Painting @ Camp Safari |
| 11:30 - 12:30 | Aqua Exercise 6 Minute to Win Games @ Splash Pool | Aqua Fit 5 Family Fun Games @ Splash Pool | Aqua Boxing & Pool Games @ Splash Pool | Aqua Dance & Crazy Games @ Splash Pool | Aqua Exercise 6 Minute to Win Games @ Splash Pool | Aqua Noodle & Noodle Games @ Splash Pool | Aqua Boxing @ Splash Pool |
| 13:00 - 14:00 | *Muay Thai Kids (6-12 years) @ Fitness Centre | Free Basic Muay Thai (Kids and Adult) max 10/Time @ Fitness Centre | *Muay Thai (Adult) @ Fitness Centre | *Muay Thai Kids (6-12 years) @ Fitness Centre | *Muay Thai (Adult) @ Fitness Centre | Free Basic Muay Thai (Kids and Adult) max 10/Time @ Fitness Centre | Kick Gym Functional Class (8 - 16 years) @ Fitness Centre |
| 14:00 - 15:00 | Free Kids Making & tying Kite (10:00-16:00) @ Camp Safari | Craft Art Recycle @ Kids Playground | Thai Smile & Wa @ Kids Playground | Thai Dance @ Camp Safari | Craft Art Recycle @ Kids Playground | Free Kite Making @ Camp Safari | Thai Hair Braiding @ Camp Safari |
| 15:00 - 16:00 | *T - Shirt Painting @ Kids Playground Do it Yourself Mojo Challenge @ Splash Pool | *Cupcake Cafe Factory @ The Cove | *Henna Tattoo @ Kids Playground | Centara Nature Walk @ Kids Playground | *Dot Painting @ Kids Playground | Flying Kite @ Camp Safari | *Nail painting @ Kids Playground |
| 16:00 - 16:30 | Meet with @ Splash Pool | | | | Meet with @ Splash Pool | THAI FUN GAME | Big Splash Contest |
| 16:00 - 17:00 | Sand Fun @ Splash Pool | | Birthday Party Start 16:30 @ Splash Pool | ISLAND PARTY 16:00-18:00 @ Splash Pool | Photo Hunt @ Splash Pool | | Surfing 101 |
| 17:00 - 18:00 | Kids Aqua Disco @ Kid Pool 17:30 Beach Volleyball @ Beach | POOL PARTY 16:00-18:00 @ Splash Pool | Kids Aqua Disco @ Kid Pool 17:30 Beach Soccer @ Beach | | Kids Aqua Disco @ Kid Pool 17:30 Beach Volleyball @ Beach | 16:00-18:00 @ Splash Pool | Beach Soccer @ Beach |
| 19:00 - 21:00 | Pirate Party @ Camp Safari | Movie Night @ Camp Safari | Disney Party @ Camp Safari | Thai Game @ Camp Safari | Family Trivia Night @ Camp Safari | E-Zone Challenge @ E-Zone | Movie Night @ Camp Safari |

- 7:30-9:00 (10:00-11:00) 10:00-11:00
- 10:00-11:00 (10:00-11:00) 10:00-11:00
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Personal Trainer
Tennis Partner
Muay Thai
T-shirt Painting
Nail Painting

- THB 500/person/hr.
- THB 500/person/hr.
- THB 500/adult/hr.
- THB 250/hd./hr.
- THB 300/person/hr.
- THB 200/person

Henna Tattoo
Fruit Carving Lesson (Monday - Friday)
Thai Cooking Class (Monday - Friday)
Mojo Challenge
Cupcake Factory

- from THB 900 - 700/person/piece
- THB 700/person/time
- THB 1295/couple/time
- THB 1500/person/time
- THB 320/person/time
- THB 350/person/time

24 hour advanced reservation is required for Yoga, Muay Thai, Tennis, Thai Cooking Class and Fruit Carving Lesson, Mojo Challenge, Cupcake Factory. For more information please contact the Fitness centre at extension #1413.

Fitness Centre Operational Hours: 24 Hour
*Additional charge applies

Thai Boxing (Muay Thai) 泰拳

Thai Boxing Packages for beginners: 初学泰拳套餐:

Private Package

: THB 1,000/hr.
: THB 1,800/hr.
(for 1 person)

Includes: 1 Thai Boxing Short
Muay Thai Lesson Certificate

Private Couple Package

: THB 1,600/hr.
: THB 3,000/hr.
(for 2 persons)

Includes: 2 Thai Boxing Shorts
Muay Thai Lesson Certificate

私人套餐: 1,000 泰铢/小时

1,800 泰铢/小时
(一位)

两口儿套餐: 1,600泰铢/小时

3,000泰铢/小时
(两位)

免费: 一双拳套, 泰拳证书

Private Family Package : THB 2,200.- (for 2 adults and 2 children) Includes : Muay Thai Lesson Certificate

一家套餐: 2,200泰铢 (两个大人, 两个小孩儿) 免费: 泰拳证书