

Resort Activities

October 2026



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00 	Morning Yoga* Maximum 10 people THB 200 / person Beach	Morning Yoga* Maximum 10 people THB 200 / person Beach	Mat Pilates* Maximum 10 people THB 200 / person Beach	Morning Yoga* Maximum 10 people THB 200 / person Beach	Core Muscle Exercise* Maximum 10 people Beach	Morning Yoga* Maximum 10 people THB 200 / person Beach	Mat Pilates* Maximum 10 people 200 THB/ person Beach
10:30 - 11:15 	Aqua Aerobic** Maximum 15 people Main Pool	Aqua HIIT** Maximum 15 people Main Pool	Aqua Boxing** Maximum 15 people Main Pool	Aqua Aerobic** Maximum 15 people Main Pool	Aqua HIIT** Maximum 15 people Main Pool	Aqua Aerobic** Maximum 15 people Main Pool	Aqua Boxing** Maximum 15 people Main Pool
15:00 - 16:00 	Thai Boxing Maximum 8 people THB 300 / person Fitness Center	Full-Body Stretching Maximum 8 people Fitness Center	Thai Boxing Maximum 8 people THB 300 / person Fitness Center	Core Muscle Exercise Maximum 8 people Fitness Center	Circuit Training Maximum 8 people Fitness Center	Thai Boxing Maximum 8 people THB 300 / person Fitness Center	Full-Body Stretching Maximum 8 people Fitness Center
16:00 - 17:00 	Beach Soccer** Maximum 10 people Beach	Beach Tennis** Maximum 10 people Beach	Beach Volleyball** Maximum 10 people Beach	Beach Soccer** Maximum 10 people Beach	Beach Volleyball** Maximum 10 people Beach	Beach Jogging 4 KM** Maximum 10 people Beach	Afternoon Beach Yoga** Maximum 10 people Beach

- Activities are for guests aged 13 years and above.
- 24-hour advance reservation required at the front desk or Kora application.
- Please arrive at least 10 minutes before the scheduled start time of the activity.

- * Activities will be relocated to the Fitness Center in case of rain.
- ** Activities will be canceled in case of rain.