

# ACTIVITIES SCHEDULE

*Please contact us at any time  
if you wish to participate in any activity*

DAY TIME	From 07.15 Till 08.00 a.m.	From 09.00 Till 09.45 a.m.	From 10.00 Till 11.00 a.m.	From 02.00 Till 03.00 p.m.	From 03.00 Till 04.00 p.m.	From 04.00 Till 05.00 p.m.
MON	Flow Yoga	Ocean Breath "Pranayama"	Various Water Sports	Thai Language	Thai Boxing	Beach Volleyball
TUE	Tai Chi All Levels	Circuit Strength	Various Water Sports	Thai Mindful Art	Silavadee Fun Games	Petanque Champion
WED	Mat Pilates	Slow Stretching	Various Water Sports	Thai Origami	Thai Boxing	Beach Soccer
THU	Vinyasa Yoga	Meditation Class	Various Water Sports	Thai Language	Silavadee Fun Games	Dart Champion
FRI	Tai Chi All Levels	Circuit Strength	Various Water Sports	Thai Mindful Art	Thai Boxing	Beach Volleyball
SAT	Mat Pilates	Slow Stretching	Various Water Sports	Thai Origami	Silavadee Fun Games	Petanque Champion
SUN	Hatha Yoga	Meditation Class	Various Water Sports	Thai Language	Thai Boxing	Beach Soccer

