

Weekly Activities Schedule

COMPLIMENTARY ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM – 8:00 AM	Morning Stretching (Sea Fire Salt Lawn)	Morning Mat Pilates (Sea Fire Salt Lawn)	Beginner Yoga (Sea Fire Salt Lawn)	Morning Stretching (Sea Fire Salt Lawn)	Morning Tai Chi (Sea Fire Salt Lawn)	Beginner Yoga (Sea Fire Salt Lawn)	Morning Mat Pilates (Sea Fire Salt Lawn)
8:30 AM – 9:30 AM	Total Body Workout (Active Zone)	Cardio Training (Active Zone)	Body Weight (Active Zone)	Strength & Stamina Training (Active Zone)	Core Exercises (Active Zone)	Full Body Workout (Active Zone)	Circuit Training (Active Zone)
10:00 AM – 11:00 AM	Basketball Shooting (Active Zone)	Rock Climbing (Active Zone)	Basketball Shooting (Active Zone)	Rock Climbing (Active Zone)	Basketball Shooting (Active Zone)	Rock Climbing (Active Zone)	Rock Climbing (Active Zone)
11:00 AM–12:00 PM	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)	Aqua Aerobic (Main Pool)
2:00 PM – 3:00 PM	Jenga Match (Activity Hut)	Darts Competition (Activity Hut)	Pétanque Match (Activity Hut)	Jenga Match (Activity Hut)	Darts Competition (Activity Hut)	Pétanque Match (Activity Hut)	Darts Competition (Activity Hut)
3:00 PM – 4:00 PM	Archery (Condo Archery Range)	Muay Thai (Active Zone)	Archery (Condo Archery Range)	Muay Thai (Active Zone)	Archery (Condo Archery Range)	Muay Thai (Active Zone)	Archery (Condo Archery Range)
4:00 PM – 5:00 PM	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)	Pickleball Match (Active Zone)
5:00 PM – 6:00 PM	Beginner Yoga (Sea Fire Salt Lawn)	Natural Therapy (Sea Fire Salt Lawn)	Sunset Mat Pilates (Sea Fire Salt Lawn)	Natural Therapy (Sea Fire Salt Lawn)	Art of Anantara (Activity Hut)	Art of Anantara (Activity Hut)	Sound Healing (Activity Hut)

PAID ACTIVE ZONE ACTIVITIES

EXPERIENCE	DURATION	PRICE (NET)
Private Coaching Muay Thai Beginner Yoga Tai Chi Tennis Kicker Pickleball Kicker Personal Training	1-hour session	THB 1,000 per person
Adventure Activities Rock Climbing Archery	30-minute session	THB 500 per adult THB 250 per child
Water Activities Kayak SUP Board	30-minute session	THB 500 per boat
Water Scooter	30-minute session	Swii – THB 350 Tini – THB 590 Narbow – THB 830

To ensure your space, please reserve your spot at least four hours in advance. For any assistance, kindly contact the Guest Service Centre by dialling 0 or visit the Front Desk.