

Weekly Activities Schedule

COMPLIMENTARY ACTIVITIES

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM – 8:00 AM	Tai Chi (Sea Fire Salt Lawn)	Yoga (Sea Fire Salt Lawn)	Stretching (Sea Fire Salt Lawn)	Yoga (Sea Fire Salt Lawn)	Tai Chi (Sea Fire Salt Lawn)	Yoga (Sea Fire Salt Lawn)	Stretching (Sea Fire Salt Lawn)
8:30 AM – 9:30 AM	Cardio Dance (Active Zone)	Body Weight (Active Zone)	Drill (Active Zone)	Dance Workout (Active Zone)	Core Exercises (Active Zone)	Full Body Workout (Active Zone)	Circuit Training (Active Zone)
10:00 AM – 11:00 AM	Archery (Active Zone)	Rock Climbing (Active Zone)	Archery (Active Zone)	Rock Climbing (Active Zone)	Archery (Active Zone)	Rock Climbing (Active Zone)	Archery (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	Water Basketball (Main Pool)	Muay Thai (Active Zone)	Water Basketball (Main Pool)	Muay Thai (Active Zone)	Water Basketball (Main Pool)	Muay Thai (Active Zone)	Water Basketball (Main Pool)
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	Sunset Yoga (Sea Fire Salt Lawn)	Natural Therapy (Sea Fire Salt Lawn)	Sunset Yoga (Sea Fire Salt Lawn)	Natural Therapy (Sea Fire Salt Lawn)	Art of Anantara – Pot Painting (Sea Fire Salt Lawn)	Art of Anantara – Pot Painting (Sea Fire Salt Lawn)	Art of Anantara – Pot Painting (Sea Fire Salt Lawn)

PAID ACTIVE ZONE ACTIVITIES

ACTIVITIES	DETAIL	PRICE
Private Thai Boxing	1 hour session	THB 1,000 / hour
Private Yoga	1 hour session	THB 1,000 / hour
Tennis Knocker	1 hour session	THB 1,000 / hour
Pickleball Knocker	1 hour session	THB 1,000 / hour
Private Rock Climbing	30-minute session	THB 500 per adult / THB 300 per child
Private Archery	30-minute session	THB 500 per adult / THB 300 per child

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