ENTERTAIN ME PROGRAMME OF NOVEMBER 2026

ANANTARA
MAI KHAO PHUKET VILLAS

Time	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	**Pilates Mat Class** ■ At Studio Active Zone *Max. 8 peopxle*	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*	**Tai Chi Class (30 Mins)** ◊ At Beach Lawn *Max. 8 people*	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*	**Morning Stretching** ◊ At Beach Lawn *Max. 8 people*	**Pilates Mat Class** ■ At Studio Active Zone *Max. 8 people*	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*
9:00 AM		**Bird Watching** △ At Library *Max. 8 people* *6 years old and above*			**Bird Watching** △ At Library *Max. 8 people* *6 years old and above*		
10:00 AM	**Basic Thai Boxing** △ THB 700++/person At Anantara Boxing Ring *Max. 4 people*		**Basic Thai Boxing** △ THB 700++/person At Anantara Boxing Ring *Max. 4 people*		**Basic Thai Boxing** △ THB 700++/person At Anantara Boxing Ring *Max. 4 people*		**Basic Thai Boxing** △ THB 700++/person At Anantara Boxing Ring *Max. 4 people*
12:30 PM	**Himalayan Sound Bath Healing** △ THB 1,000++/person At Anantara Spa *Max. 4 people*	**How to do rose quartz facial guasha** △ THB 1,000++/ person At Anantara Spa *Max. 4 people*	**Thai Massage Lesson** △ THB 1,000++/person At Anantara Spa *Max. 4 people*	**Himalayan Sound Bath Healing** △ **THB 1,000++/person** At Anantara Spa *Max. 4 people*	**Thai Massage Lesson** △ THB 1,000++/person At Anantara Spa *Max. 4 people*	**Himalayan Sound Bath Healing** △ THB 1,000++/person At Anantara Spa *Max. 4 people*	**How to do rose quartz facial guasha** △ THB 1,000++/ person At Anantara Spa *Max. 4 people*
2:00 PM	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*	**Archery Fun Game** At Active Zone *Max. 8 people*
3:00 PM		**Farm Discovery Fun** △ At Anantara Farm Meeting at Active Zone *Max. 10 people*					
5:00 PM	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*	**Circuit Training** ■ At Studio Active Zone *Max. 8 people* **Sport shoes is required*	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*	**Full body Workout** ■ At Studio Active Zone *Max. 8 people* **Sport shoes is required*	**Cardio Workout (30 Mins)** ■ At Studio Active Zone *Max. 8 people* **Sport shoes is required*	**Beginner Yoga** ◊ At Beach Lawn *Max. 8 people*	**Stretching Class** ◊ At Beach Lawn *Max. 8 people*

Remarks

- Anantara Fitness Center is opened Daily 24 hours.
- The Ice Bath is available daily at the Active Zone from 8:00 AM to 8:00 PM on a first-come, first-served basis.
- Please be advised that if guests do not show up within 15 minutes from the classes starting time, the reservations will be automatically canceled.
- **Advance booking are required.** For more information or reservations, please contact our recreation team or dialing 0.
- Please note that any activities or sessions subject to an additional charge will be charged separately and are subject to a 10% service charge and 7% government tax.

△ Recommended Activities
◊ Mind & Body Exercise
▽ Competition
■ Exercise