

ANANTARA VACATION CLUB MAI KHAO

RECREATION SCHEDULE

DATE TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
7:00 am		Morning Yoga @ Yoga Studio		Morning Yoga @ Yoga Studio			Morning Yoga @ Yoga Studio	
8:00 am	Morning Stretching @ Yoga Studio	Beach Walk Meet @ Lobby	 Phuket Airport Viewpoint Bike Tour Distance 13 km Roundtrip Meet @ Biking Area (Max: 10 pax)	Lake Bike Tour Meet @ Biking Area	 Phuket Airport Viewpoint Bike Tour Distance 13 km Roundtrip Meet @ Biking Area (Max: 10 pax)	Hatha Yoga @ Yoga Studio	Lake Bike Tour Meet @ Biking Area	
9:00 am								
10:00 am	Thai Boxing @ Yoga Studio	Pilates @ Yoga Studio		Body Weight Training @ Yoga Studio		Thai Boxing for Women @ Yoga Studio	Body Weight Training @ Yoga Studio	
11:00 am	Dart Tournament @ Pool	Pickleball Tournament @ Pickleball Court		Pickleball Lesson @ Pickleball Court		Pickleball Tournament @ Pickleball Court	Ping Pong Challenge @ Apartment	
12:00 pm	 Soft Archery @ Pickleball Court 							
1:00 pm	DEEP CLEAN / SANITISATION							
2:00 pm	Ice Bath Challenge @ Pool	Ping Pong Tournament @ Apartment	Dessert Station @ Pool	Thai Boxing @ Yoga Studio	Gentle Yoga @ Yoga Studio	Thai Boxing for Men @ Yoga Studio	Thai Tea Station @ Pool	
3:00 pm	Pickleball Lesson @ Pickleball Court							
4:00 pm	Local Bike Tour Distance 17 km Roundtrip Meet @ Biking Area (Max: 5 pax)	Dart Tournament @ Pool	Mini Games @ Pool	Puddle Golf Challenge @ Pickleball Court	Dart Tournament @ Pool	Ice Bath Challenge @ Pool	Painting with Coffee @ Pool	
5:00 pm		Family Event: Treasure Hunt Start @ Kids' Club	Gentle Yoga @ Yoga Studio	Ice Bath Challenge @ Pool	Water Polo @ Pool		Gentle Yoga @ Yoga Studio	
7:00 pm	 Dive-In Movie @ Pool			 Dive-In Movie @ Pool			 Dive-In Movie @ Pool	

PLEASE NOTE:

- Any activity may be cancelled without prior notice due to insufficient participants or adverse weather conditions.
- All activities require reservations.
- Appropriate clothing and footwear are required for all activities.
- Private yoga and fitness classes are available upon request. Charges apply.
- Some activities are not suitable for those with heart rate problems or who are pregnant.
- Please refrain from alcohol consumption before any activity.
- All fitness activities, unless otherwise stated, are for adults aged 17 and up.
- Lake Bike Tour: Teens aged 14 to 16 can join if accompanied by a parent or guardian
- All bike trips: Please be at the meeting spot 10 minutes before activity begins.

TEEN ZONE

ACTIVITY SCHEDULE

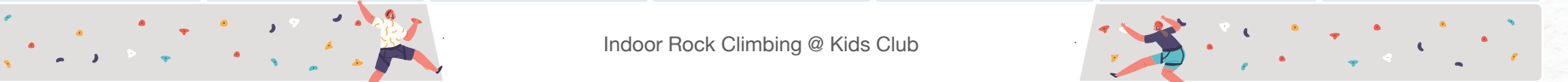
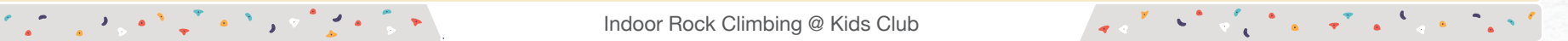
DATE TIME	MON	TUE	WED	THU	FRI	SAT	SUN
THEME	 I AM AN ARTIST	 PIRATE DAY	 PRINCE & PRINCESS	 FEELING SPORTY	 FUN WITH NATURE	 WE ARE HEROES	 FEEL THAI
10:00 am	Welcome to Teen Zone						
10:30 am	Art Bag Painting (THB 450++)	Flowerpot Painting (THB 450++)	T-Shirt Painting (THB 450++)	Plaster Doll Painting (THB 250 - 450++)	Art Bag Painting (THB 450++)	T-Shirt Painting (THB 450++)	Umbrella Painting (THB 450++)
11:00 am	Family Event: Bracelet Making	Mini Ping Pong Competition	DIY Kids' Nail Salon	Mini Ping Pong Competition	Family Event: Marine Turtle Foundation Visit meet @ Kids Club	Air Hockey Competition	Thai Language Lesson
12:00 pm	Energy Booster (Design Your Own Fun)						
1:00 pm	 Soft Archery @ Pickleball Court 						
2:00 pm	Cookie Making	Science Fun	Cupcake Decorating	It's Arts & Crafts Time	Cookie Making	Cupcake Decorating	Thai Costume Dress Up
3:00 pm	Pickleball Lesson @ Pickleball Court						
4:00 pm	Board Games						
5:00 pm	Air Hockey Competition	Pirate in the Barrel	Prince & Princess Competition	Family Event: Mini Olympics @ Pickleball Court	Origami Art	Family Event: Mission Impossible @ Pickleball Court	Traditional Thai Games

PLEASE NOTE:

- Teen Zone is open from 10:00 am to 12:00 noon and 1:00 pm to 6:00 pm.
- Teen Zone welcomes children aged 10 to 16 years old.
- All activities are based on a first-come, first-served basis.
- Any activity may be cancelled without prior notice due to insufficient participants or adverse weather conditions.
- **Activities with a fee per participant (price indicated below) also require a reservation.**
- All activities will take place or begin at Teen Zone unless otherwise stated.
- **Rock Climbing: Participants must wear pants and socks. Reservations required.**

JAKKA KIDS' CLUB

ACTIVITY SCHEDULE

DATE TIME	MON	TUE	WED	THU	FRI	SAT	SUN
THEME	 I AM AN ARTIST	 PIRATE DAY	 PRINCE & PRINCESS	 FEELING SPORTY	 FUN WITH NATURE	 WE ARE HEROES	 FEEL THAI
9:00 am	It's Arts & Crafts Time	Mini Games	Art & Craft with Fairy Godmother	Board Games	Keychain Making	Hero Craft	Fun Asian Games
10:00 am	 Indoor Rock Climbing @ Kids Club						
11:00 am	Family Event: Bracelet Making	Hit the Pirate	Musical Games	Soft Archery	Family Event: Marine Turtle Foundation Visit meet @ Kids Club	Archery Training	Thai Language Lesson
12:00 pm	Energy Booster (Design Your Own Fun)						
1:00 pm	Musical Games	Pirate Craft	Family Event: Find the Princess	Mini Games @ Pool	Musical Games	Champion Games	Family Event: Asian Arts & Crafts
2:00 pm	Cookie Making	Science Fun	Cupcake Decorating	Toy Making	Cookie Making	Cupcake Decorating	Thai Costume Dress Up
3:00 pm	Pizza Making Class @ Brick Pizza (THB 590++ per person)						
4:00 pm	 Indoor Rock Climbing @ Kids Club						
	Kids Boxing @ Yoga Studio						
5:00 pm	Little Picasso	Family Event: Treasure Hunt	Prince & Princess Competition	Family Event: Mini Olympics @ Pickleball Court	Nature Art @ Kids Club	Family Event: Mission Impossible @ Pickleball Court	Traditional Thai Games

PLEASE NOTE:

- Any activity may be cancelled without prior notice due to insufficient participants or adverse weather conditions.
- All activities will take place or begin at Jakka Kids' Club unless otherwise stated.
- All activities are based on a first-come, first-served basis
- Reservations required for Rock Climbing and Kids Boxing.**
- Rock Climbing: Children must be 6 years old or older and must wear pants and socks.
- Kids Boxing: Children must be 5 years old or older.
- Pizza Making Class: Reservation required, and THB 590++ per person applies**