Activities Schedule

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.15 - 08.15 a.m.		Yoga Class Beginer Tew Son spa		Yoga Class Beginer Tew Son spa			
II.00 a.m noon	Aoua Aerobics Kata Bhuri Pool	Water Polo Kata Bhuri Pool	Aqua Aerobics Kata Bhuri Pool		Water Polo Kata Bhuri Pool		Aoua Aerobics Kata Bhuri Pool
12.00 - 02.00 p.m.		Thai CookingClass (PK) Seacret # Phad Thai (Reservation one day in advance)	Thai CookingClass Seacret 700 # Phad Thai (Reservation one day in advance)	Thai CookingClass Seacret 700 #Phad Thai (Reservation one day in advance)	Thai CookingClass (BN) 1,000 Seacret (Reservation one day in advance)	Fruit & Vegetable Carving 400 Seacret (Reservation one day in advance)	
02.00 - 03.00 p.m.	Mini social Archery Joy zone (Free Play)		Mini social Archery Joy zone (Free Play)		Mini social Archery Joy zone (Free Play)		
03.00 - 04.00 p.m	Pilates on the mat Beside Kids Club		Thai Boxing Class Basic Beside Kids Club	Zumba Dance Beside Kids Club		Thai Boxing Class Basic Beside Kids Club	Pilates on the mat Beside Kids Club
06.00 - 08.00 p.m.					Happy Friday Night Joy zone		
08.I5 - 09.I5 p.m.	Bingo Game Joy Zone			Bingo Game Joy zone			



- Reservations for all activities are required, as early as possible, to avoid disappointment.
- Activities are provided on a complimentary basis unless indicated.
- For any queries, please contact our dedicated recreation team, extension 1740, 1849 or Service Center, extension 42
 All activities reservation one day in advance.

 *** The class must be cancelled at least 3 hours in advance

