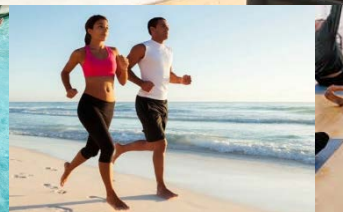
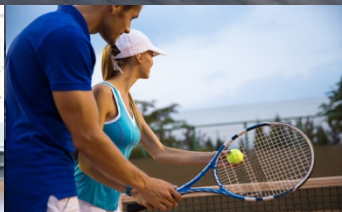


RESORT ACTIVITY GET GOING AND HAVE FUN!

Time/Day	MON	TUE	WED	THU	FRI	SAT	SUN
9am - 9:50am	Stretching Class (Fitness Centre)	Yoga for Beginners (Fitness Centre)	Pilates Mat (Fitness Centre)	Fit Ball Exercise (Fitness Centre)	Stretching Class (Fitness Centre)	Yoga for Beginners (Fitness Centre)	Fun Aerobic (Fitness Centre)
10am - 10:50am	Aqua Aerobics (Seafarer Pool)	Bingo (Fitness Centre)	Thai Boxing for Beginners (\$) (Fitness Centre)	Fun Aerobic (Fitness Centre)	Aqua Aerobics (Seafarer Pool)	Thai Boxing for Beginners (\$) (Fitness Centre)	Bingo (Fitness Centre)
11am - 11:50am	Mini Soccer (Fitness Centre)	Flower Folding (Games Room)	Petanque (Fitness Centre)	Thai language Class (Caffe Cino)	Bingo (Fitness Centre)	Petanque (Fitness Centre)	Mini Soccer (Fitness Centre)
2pm - 2:50pm	Table Tennis (Games Room)	Thai Massage Lesson (Spa)	Napkin Folding (Caffe Cino)	Bingo (Fitness Centre)	Flower Folding (Games Room)	Table Tennis (Games Room)	Napkin Folding (Fitness Centre)
3pm - 3:50 pm	Kite Flying (Fitness Centre)	Petanque	Fruit/ Vegetable Carving (Andaman Lobby)	Petanque	Table Tennis	Kite Flying (Fitness Centre)	Table Tennis (Games Room)



-Activities displaying (\$) involve a cost and require advance booking.
-Activities displaying (*) : Meeting point at fitness center.

RESORT ACTIVITY RAINY DAY

Time/Day	MON	TUE	WED	THU	FRI	SAT	SUN
9am - 9:50 am	Stretching Class (Fitness Centre)	Yoga for Beginners (Fitness Centre)	Pilates Mat (Fitness Centre)	Fit Ball Exercise (Fitness Centre)	Stretching Class (Fitness Centre)	Yoga for Beginners (Fitness Centre)	Fun Aerobic (Fitness Centre)
10am – 10:50am	Basic Squash (Squash Court)	Bingo (Fitness Centre)	Thai Boxing for Beginners (\$) (Fitness Centre)	Towel Folding (Saitong Sports Bar)	Fun Aerobic (Fitness Centre)	Thai Boxing for Beginners (\$) (Fitness Centre)	Bingo (Fitness Centre)
11am - 11:50am	Jenga (Fitness Centre)	Flower Folding (Games Room)	Jenga (Fitness Centre)	Napkin Folding (Caffe Cino)	Bingo (Fitness Centre)	Jenga (Fitness Centre)	Basic Squash (Squash Court)
2pm – 2:50pm	Table Tennis (Games Room)	Thai Massage Lesson (Spa)	Napkin Folding (Caffe Cino)	Bingo (Fitness Centre)	Flower Folding (Games Room)	Table Tennis (Games Room)	Napkin Folding (Caffe Cino)
3pm – 3:50pm	Thai language Class (Caffe Cino)	Table Tennis	Fruit/ Vegetable Carving (Andaman Lobby)	Thai language Class (Caffe Cino)	Table Tennis	Bingo (Fitness Centre)	Table Tennis (Games Room)



-Activities displaying (\$) involve a cost and require advance booking.
-Activities displaying (*) : Meeting point at fitness center.