

Sports & Recreation

Daily Activities

Monday

- 08.00 Basic Yoga (Yoga Sala) max. 10. pers.
- 10.00 Pilates (Yoga Sala) max. 10 pers.
- 14.00 Chiang Mai Umbrella Painting *
- 16.00 Beach Soccer

Tuesday

- 08.00 Basic Muay Thai (Yoga Sala) 5 pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Water Polo (Main Pool)
- 16.00 Beach Volleyball

Wednesday

- 08.00 Basic Yoga (Yoga Sala) max. 10. pers.
- 10.00 Pilates (Yoga Sala) max. 10. pers.
- 14.00 Basic Muay Thai (Garden)
- 16.00 Beach Soccer

Thursday

- 08.00 Stretching (Yoga Sala) max. 10. pers.
- 10.00 Fit Ball (Yoga Sala) max. 5 pers.
- 14.00 Water Polo (Main Pool)
- 16.00 Ultimate Frisbee (Beach)

Friday

- 08.00 Tai Chi (Yoga Sala) max. 10. pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Basic Muay Thai (Garden)
- 16.00 Beach Volleyball



Saturday

- 08.00 Basic Yoga (Yoga Sala) max. 10. pers.
- 10.00 Elastic workout
- 14.00 Water polo
- 16.00 Beach Muay Thai

Sunday

- 08.00 Tai Chi (Yoga Sala) max. 10. pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Ultimate Frisbee (Beach)
- 16.00 Beach Volleyball

