



RESORT ACTIVITY SCHEDULE

WE ARE PLEASED TO PROVIDE THE FOLLOWING COMPLIMENTARY GROUP CLASSES FOR YOUR ENJOYMENT

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.30 – 09.00	BIKE TOUR MAI KHAO BEACH AIRPORT VIEW POINT (90 MINS)	BEGINNERS YOGA (30 MINS)	BIKE AROUND THE LAKE (30 MIN)	INTERVAL LAKE RUN (30 MINS)	THAI BOXING (30 MINS)	AEROBICS DANCE (30 MINS)	BEGINNERS YOGA (30 MINS)
09.30 – 10.30	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	CIRCUIT TRAINING (30 MINS)	THAI BOXING (30 MINS)
11.00 – 12.00	THAI BOXING (30 MINS)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	FAN PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)	BAG PAINTING (30 MINS)	BALLOON ART (FOR CHILDREN UNDER 12 YEARS OLD)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)
13.00 – 14.00	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	FITBALL WORKOUT (30 MINS)	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING (30 MINS)
14.30 – 15.30	CIRCUIT TRAINING (30 MINS)	FITBALL WORKOUT (30 MINS)	THAI BOXING (30 MINS)	CIRCUIT TRAINING (30 MINS)	PALM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	DOLL PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	CARDIO WORKOUT (30 MINS)
16.30 – 17.30	FARM TOUR	PALM ORIGAMI (FOR CHILDREN UNDER 12 YEARS OLD)	FARM TOUR	SUNSET YOGA (30 MINS)	FARM TOUR	BIKE AROUND THE LAKE (30 MIN)	FARM TOUR

*Private class additional THB 1,000++ per person, THB 500++ for extra person and maximum 2 people per class

PARTICIPANTS ARE LIMITED IN SOME CLASSES, SO PLEASE RESERVE YOUR PLACE 24 HRS IN ADVANCE WITH OUR GUEST SERVICES TEAM

Prices are in Thai Baht and subject to 10% service charge and 7% value added tax



KID'S COOKING DEMONSTRATION

At SALA Farm

Enjoy a fun family activity with our kid's cooking demonstration at SALA Farm where kids can participate in a hands-on cooking showcase. Little ones will have a great time exploring the farm and feeding the goats, ducks, and chickens. They'll also get to gather fresh organic eggs and create delicious egg dishes. (For children under 12 years old)

It's available on Tuesday and Saturday at 4.30 PM

**Advance reservations are highly recommended due to limited availability.



KHRUA NAI SUAN

At SALA Farm

Experience a cooking class with a difference, under the swaying branches of a Banyan Tree, set within our SALA Farmlife project. At our Khrua Nai Suan – Garden Kitchen Cooking Class. You will not only learn some amazing Thai dishes as you are guided by our talented culinary team, but also harvest some of the fresh produce and ingredients directly from our farm and garden.

It's available on Wednesday and Sunday at 1.30 PM

THB 3,000++ per person | THB 5,400++ per couple

**Advance reservations are highly recommended due to limited availability.

