



# RESORT ACTIVITY SCHEDULE

## April 2025

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)	MAKING HERBAL COMPRESS	BIKE AROUND THE LAKE (30 MIN)	BEGINNERS YOGA (30 MINS)	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	BIKE AROUND THE LAKE (30 MIN)
09.30 – 10.30	MAKING HERBAL COMPRESS	DIY BRACELET	FOOTBALL GAMES	THAI BOXING (30 MINS)	MAKING HERBAL COMPRESS	PALM ORIGAMI	DIY BRACELET
11.00 – 12.00	KID'S BOXING (FOR CHILDREN UNDER 12 YEARS OLD)	ARCHERY	FAN PAINTING (FOR CHILDREN UNDER 12 YEARS OLD)	PALM ORIGAMI	BALLOON ART	THAI BOXING (30 MINS)	BALLOON ART
13.30 – 14.30	BOCCE BOWLING	DIY FANCY MASK (FOR CHILDREN UNDER 12 YEARS OLD)	DOLL PAINTING	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	ARCHERY	GEL CANDLE (FOR CHILDREN UNDER 12 YEARS OLD)	BAG PAINTING
15.00 – 16.00	DOLL PAINTING	THAI BOXING (30 MINS)	CHAIR BALL	VOLLEYBALL	BOCCE BOWLING	VOLLEYBALL	CHAIR BALL
16.30 – 17.30	VOLLEYBALL	FARM TOUR	SUNSET YOGA (30 MINS)	FARM TOUR	FOOTBALL GAMES	FARM TOUR	SUNSET YOGA (30 MINS)

\*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.

