



RESORT ACTIVITY SCHEDULE

March 2026

We are pleased to provide the following group activity class schedule. Classes are complimentary unless otherwise indicated.

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 - 09:30	SCENIC AIRPORT VIEW POINT BIKE TOUR (250 THB)	VINYASA YOGA	AIR BADMINTON	GYM CIRCUIT WORKOUT	HATHA YOGA	WESTERN BOXING	BEACH BOOT CAMP
10:30 - 11:30	DIY BRACELET MAKING	SEASIDE PETANQUE	WATER SPORTS INTRODUCTION	MAKING HERBAL COMPRESS	JUNIOR MUAY THAI WARRIORS (KIDS)	BIKE TOUR AROUND THE LAKE	DIY TOTE BAG DECORATION
14:00 - 15:00	FARM TOUR	KID'S COOKING DEMONSTRATION	FUN GAMES (KIDS)	PALM ORIGAMI (KIDS)	FARM TOUR	KID'S COOKING DEMONSTRATION	JUNIOR MUAY THAI WARRIORS (KIDS)
16:00 - 17:00	THAI BOXING	SHORELINE FISHING EXPERIENCE	SALA SUNSET YOGA	THAI BOXING	SCENIC AIRPORT VIEW POINT BIKE TOUR (250 THB)	VOLLEYBALL GAMES	SALA SUNSET YOGA

PLEASE NOTE THAT SOME CLASSES HAVE LIMITED AVAILABILITY, AND WE KINDLY REQUEST THAT YOU RESERVE YOUR PLACE AT LEAST 24 HOURS IN ADVANCE WITH OUR GUEST SERVICES TEAM.

All prices are inclusive of 7% VAT and a 10% service charge.

KHRUA NAI SUAN - SALA Farm Cooking Class

At Beachfront or at the SALA Farm

Experience a cooking class with a difference, with uninterrupted ocean views, set within our beachfront restaurant. At our Khrua Nai Suan – Beachfront Cooking Class You will not only learn some amazing Thai dishes as you are guided by our talented culinary team, but also utilize fresh produce and ingredients harvested 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 must be made at least 24hours in advance due to limited availability.



KID'S COOKING DEMONSTRATION

At Beachfront

Enjoy a fun family activity with our kid's cooking demonstration at Beachfront 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 2:00 PM.

**Advance reservations must be made at least 24hours in advance due to limited availability.



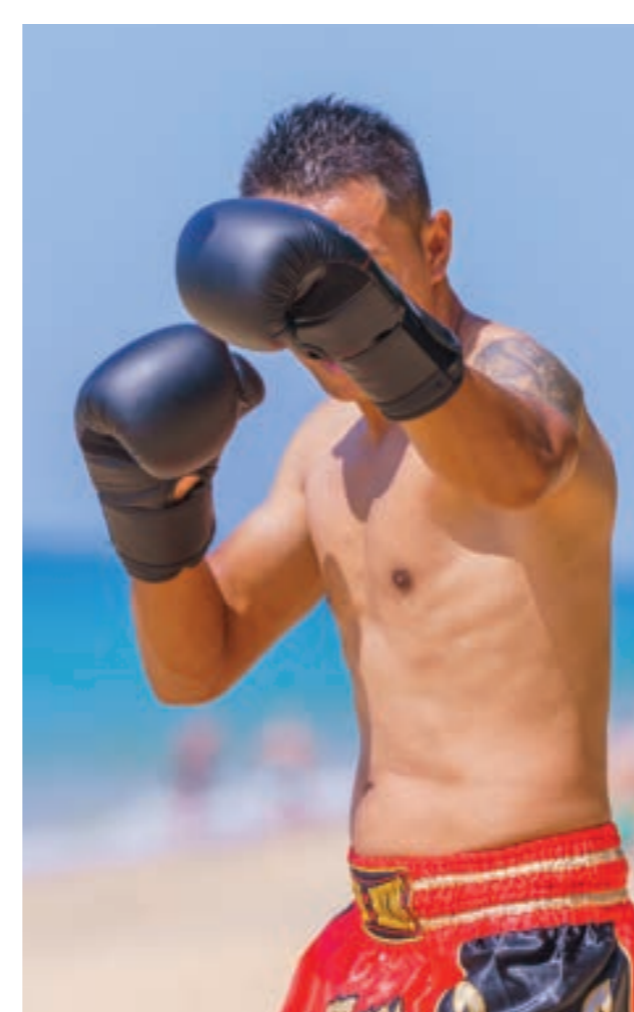
PRIVATE MUAY THAI EXPERIENCE

At Beachfront

A premium way to experience authentic Muay Thai during your stay. Enjoy an exclusive, personalized Muay Thai training session guided by a professional instructor. Tailored to your fitness level, this private experience focuses on technique, pad work, and conditioning in a refined setting.

THB 1,000 per person/Second participant 50% off

**Advance reservations must be made at least 24hours in advance due to limited availability.



SCENIC AIRPORT VIEW POINT BIKE TOUR

The tour duration is approximately 2 hours:

Enjoy an unforgettable experience watching airplanes pass closely overhead at the airport viewpoint, followed by a stunning sunrise or sunset along the route. This guided bike tour includes a bicycle, helmet, and drinking water.

ADVANCED LEVEL REQUIRED, MAX 5 PERSONS. 250 THB/person

**Advance reservations must be made at least 24hours in advance due to limited availability.



FISHING TOUR by Longtail Boat – Mai Khao Beach

The tour duration is approximately 4 hours:

A relaxed fishing experience aboard a traditional Thai longtail boat, specially designed for small groups. Perfect for those seeking an authentic island experience.

Join Activity - THB 1,500 per person / (max. 5 persons)
Private Charter - THB 6,750 per boat / (max. 5 persons)

**Advance reservations must be made at least 24hours in advance due to limited availability.

