

SO/ ACTIVITIES



LOAN YOUR SPORTS EQUIPMENT AT KIDS TENT							
TIME/DATE	MON	TUE	WED	THU	FRI	SAT	SUN
8 AM	TAI CHI AT BEACH LAWN	SUNRISE JOG	NEIGHBOR BIKE TOUR THB 400	SUNRISE JOG	YOGA THERAPY* AT BEACH LAWN	BODY COMBAT AT RABBIT LAWN	YOGA AT BEACH LAWN
11 AM	TENNIS FOR BEGINNER AT TENNIS COURT	VOLLEYBALL AT SIGNATURE LAWN	LATTE ART CLASS THB 350 AT WHITE OVEN	BADMINTON AT SIGNATURE LAWN	PICKLEBALL MATCH	PING PONG MATCH SO GUEST VS SO TEAM AT PLAYGROUND	WIBIT CHALLENGE AT SIGNATURE POOL
4 PM	MUAY THAI BASICS AT RABBIT LAWN	COCKTAIL CLASS THB 450 AT BEACH SOCIETY	PETANQUE AT BEACH LAWN	WATER AEROBIC AT SO POOL	CORE MUSCLE EXERCISE AT RABBIT LAWN	TENNIS FOR BEGINNER AT TENNIS COURT	CARDIO WORKOUT AT RABBIT LAWN
EVENING LOCAL MARKET	HUA HIN NIGHT MARKET, DAILY FROM 5 PM – 9 PM						
			CHA AM WEDNESDAY MARKET FROM 5 – 9 PM		CICADA WEEKEND MARKET, 5 – 10 PM		
7 PM	MOVIE NIGHT AT SO POOL						

The execution of outdoor activities are weather dependable.
Yoga Therapy session is for a maximum of 5 guests.