





SO/ ACTIVITIES



| <div>   LOAN YOUR SPORTS EQUIPMENT AT KIDS TENT   </div> | | | | | | | |
|---|--|---|---|--------------------------------|--|---|--------------------------------------|
| 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 |
| 7 PM | MOVIE NIGHT AT BEACH LAWN | | | | | | |

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