

Guest Activities Weekly Programs



Activity Reservations

Please reserve at least one day in advance to join our activities. Activities will only run if booked, and walk-ins cannot be guaranteed. All activities are subject to weather conditions. For outdoor sessions, please wear suitable attire and bring water and sunscreen. Activities marked with ** carry an additional charge. Reserve via the Handigo App or Jungle's Book Kids Club. For assistance, call "5401" or "5100".

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME							
8 - 8.45 AM (At Essence Lawn)	MAT PILATES	STRETCHING	MAT PILATES	BEGINNER YOGA	STRETCHING	MAT PILATES	RELAXING YOGA
9.30-10.30 AM (At Fitness Center)	BASIC THAI BOXING** 550 THB/person	BASIC THAI BOXING** 550 THB/person	BASIC THAI BOXING** 550 THB/person	FAMILY ROCK PAINTING	FAMILY DIY KEYCHAIN	BASIC THAI BOXING** 550 THB/person	BASIC THAI BOXING** 550 THB/person
1.30 - 2 PM (At Fitness Center)	BOOT CAMP	HITT	CARDIO WORKOUT	FITNESS DANCE	AEROBIC DANCE	BODYWEIGHT WORKOUT	FULL BODY WORKOUT
2 - 3 PM (At Resort Center)	HANDMADE BAG PAINTING** 550 THB/person	BATIK PAINTING** 490 THB/person	UMBRELLA PAINTING** 350 THB/person	FAMILY PAINTING ON CANVAS** 300 THB / SET	HANDMADE BAG PAINTING** 550 THB/person	BATIK PAINTING** 490 THB/person	UMBRELLA PAINTING** 350 THB/person
3 - 4 PM (At Resort Center)	FAMILY COCONUT LEAF WEAVING	FAMILY BRACELET MAKING	FAMILY BINGO GAME	FAMILY COCONUT LEAF WEAVING	FAMILY BRACELET MAKING	FAMILY BINGO GAME	FAMILY BRACELET MAKING
4.30 - 5.30 PM	BEACH VOLLEYBALL	KIDS THAI BOXING** 450 THB/person	BEACH VOLLEYBALL	AQUA YOGA	AQUA WORKOUT	KIDS THAI BOXING** 450 THB/person	KIDS THAI BOXING** 450 THB/person