

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 drinking water and sunscreen. Activities marked with ** carry an additional charge. Reserve via the Handigo App or at Jungle's Book Kids Club. For assistance, please dial "5401" or "5100".

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME							
8 - 8.45 AM (Wellness) For guests aged 13 years and above	RELAXING YOGA (Essence Lawn)	STRETCHING (Essence Lawn)	BEGINNER YOGA (Essence Lawn)	STRETCHING (Essence Lawn)	RELAXING YOGA (Essence Lawn)		
9.30-10.30 AM (Arts & Crafts)	BATIK PAINTING** 490 THB/person (In front of Fitness)	HANDMADE BAG PAINTING** 550 THB/person (In front of Fitness)	UMBRELLA PAINTING** 350 THB/person (In front of Fitness)	PAINTING ON CANVAS** 300 THB / SET (In front of Fitness)	BATIK PAINTING** 490 THB/person (In front of Fitness)	HANDMADE BAG PAINTING** 550 THB/person (In front of Fitness)	UMBRELLA PAINTING** 350 THB/person (In front of Fitness)
1.30 - 2.30 PM (Eco-Workshop) Families are welcome to join	SUSTAINABLE KEYCHAIN (Resort Center)	ECO PRINTING (Resort Center)	ROCK PAINTING (Resort Center)	SEA GLASS WORKSHOP (Resort Center)	ECO PRINTING (Resort Center)	SUSTAINABLE KEYCHAIN (Resort Center)	ROCK PAINTING (Resort Center)
3 - 4 PM (Cultural Program) Families are welcome to join	COCONUT LEAF WEAVING (Resort Center)	THAI LANGUAGE LESSON (Resort Center)	BRACELET MAKING (Resort Center)	TUNG MOBILE WORKSHOP (Resort Center)	THAI LANGUAGE LESSON (Resort Center)	COCONUT LEAF WEAVING (Resort Center)	BRACELET MAKING (Resort Center)
4.30 - 5 PM (Energy Boost)	AQUA AEROBIC (Main Pool)	AQUA YOGA (Main Pool)	FAMILY YOGA (Essence Lawn)	AEROBIC DANCE (Essence Lawn)	AQUA YOGA (Main Pool)	AQUA AEROBIC (Main Pool)	AQUA WORKOUT (Main Pool)