

DAILY SPORTS AND RECREATION PROGRAM



(Towel Cabana - Main Pool)

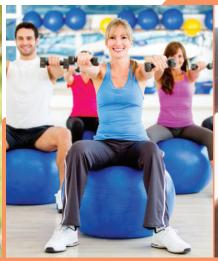
11:00 AM -

12:00 PM



A low impact workout using basic movements in the water conducted by our team to upbeat and fun music.







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
07:00 AM 08:00 AM	Yoga (Towel Cabana - Main Pool) A union of body, breath and mind. Improved strength, better balance, flexibility is some of the great health benefits.	Tai - Chi (Towel Cabana - Main Pool) Show, rhythmic and meditative body movements designed to help you find peace and calm.	Pilates (Towel Cabana - Main Pool) A low impact workout focusing on the core, body alignment and posture.	Tai - Chi (Towel Cabana - Main Pool) Show, rhythmic and meditative body movements designed to help you find peace and calm.	Pilates (Towel Cabana - Main Pool) A low impact workout focusing on the core, body alignment and posture.	Yoga (Towel Cabana - Main Pool) A union of body, breath and mind. Improved strength, better balance, flexibility is some of the great health benefits.	Morning Run (Towel Cabana - Main Pool) Our staff will accompany you on a run at your preferred pace and distance around the Laguna.			
08:00 AM 09:00 AM	Pilates (Towel Cabana - Main Pool) A low impact workout focusing on the core, body alignment and posture.	Balance Exercise (Towel Cabana - Main Pool) Strengthen your muscles to improve your stability.	Basic Thai Boxing (Towel Cabana - Main Pool) Thailand's national sport. A form of martial arts with a combination of kicks and punches using gloves and protective gear.	Abs Workout (Towel Cabana - Main Pool) A low impact workout focusing on your abdominal and core muscles.	Balance Exercise (Towel Cabana - Main Pool) A low impact workout focusing on your balance and stability improvement.	Stretching Class (Towel Cabana - Main Pool) Improve flexibility of your joints whilst increasing muscle control and range of motion.	Boot Camp (Towel Cabana - Main Pool) A whole body, interval workout that builds strength and endurance.			
10:00 AM 11:00 AM	Zumba (Towel Cabana - Main Pool) A dance fitness program involving dance and aerobic movements performed to energetic music.	Abs Workout (Towel Cabana - Main Pool) A low impact workout focusing on your abdominal and core muscles.	Stretching Class (Towel Cabana - Main Pool) Improve flexibility of your joints whilst increasing muscle control and range of motion.	Zumba (Towel Cabana - Main Pool) A dance fitness program involving dance and aerobic movements performed to energetic music.	Stretching Class (Towel Cabana - Main Pool) Improve flexibility of your joints whilst increasing muscle control and range of motion.	Abs Workout (Towel Cabana - Main Pool) A low impact workout focusing on your abdominal and core muscles.	Stretching Class (Towel Cabana - Main Pool) Improve flexibility of your joints whilst increasing muscle control and range of motion.			
	Aqua Aerobic									











	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
02:00 PM - 03:00 PM	Archery Lesson (Tennis Center) Learn how to master the art of archery.	Personal Fitness Training (Fitness Center) Meet one on one with our team to develop proper movement techniques for maximum fitness results.	TR-X Lesson (Towel Cabana - Main Pool) Suspension body weight exercises developing strength, balance, flexibility and core stability simultaneously.	Windsurfing Lesson (Marine Center) Learn how to windsurf with our experts in our lagoon.	Personal Fitness Training (Fitness Center) Meet one on one with our team to develop proper movement techniques for maximum fitness results.	Pilates (Towel Cabana - Main Pool) A low impact workout focusing on the core, body alignment and posture.	Sailing Lesson (Marine Center) Learn how to sail with our experts in our lagoon.		
03:00 PM - 04:00 PM	Fat Burning Workout (Towel Cabana - Main Pool) Slim down and firm up with a whole body, interval workout designed to help you burn calories and banish cellulite.	Zumba (Towel Cabana - Main Pool) A dance fitness program involving dance and aerobic movements performed to energetic music.	Abs Workout (Towel Cabana - Main Pool) A low impact workout focusing on your abdominal and core muscles.	Basic Thai Boxing (Towel Cabana - Main Pool) Thailand's national sport. A form of martial arts with a combination of kicks and punches using gloves and protective gear.	Boot Camp (Towel Cabana - Main Pool) A whole body, interval workout that builds strength and endurance.	Fat Burning Workout (Towel Cabana - Main Pool) Slim down and firm up with a whole body, interval workout designed to help you burn calories and banish cellulite.	Basic Thai Boxing (Towel Cabana - Main Pool) Thailand's national sport. A form of martial arts with a combination of kicks and punches using gloves and protective gear.		
05:00 PM - 06:00 PM	Beach Volleyball (Tennis Center) While the volleyball net stays up for you to play at your leisure, you can also join in a fun match against our team.	Learn to Play Beach Tennis (Tennis Center) This game is aerial with the ball always played on the volley. A great active workout played on sand.	Beach Volleyball (Tennis Center) While the volleyball net stays up for you to play at your leisure, you can also join in a fun match against our team.	Learn to Play Beach Tennis (Tennis Center) This game is aerial with the ball always played on the volley. A great active workout played on sand.	Friday Fun Run (Tennis Center) Whether you are a fun runner or professional training for marathon, join us on a fun run at your preferred pace and distance around Laguna.	Beach Soccer (Marine Center) Kick the ball in the sand and enjoy a friendly game of beach soccer where our team and guests join together for some healthy fun.	Learn to Play Beach Tennis (Tennis Center) This game is aerial with the ball always played on the volley. A great active workout played on sand.		
06:30 РМ - 08:00 РМ	Private Classes THB 800++ per person per hour (Fitness Center) Private Boot Camp, Yoga, Pilates, Tai Chi, Muay Thai Boxing are available.								

Towels and equipment are provided. Reservations can be made through our SAii mobile application or please call our team at Towel Cabana - Main Pool extension 2353. From time to time our Sport and Recreation Team may need to revise or cancel activities without prior notice. Prices are subject to 17.7% service charge and government taxes.

