

# DAILY SPORTS AND RECREATION PROGRAM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>07:00 AM - 08:00 AM</b>	<b>Yoga</b> (Towel Cabana - Main Pool) <i>A union of body, breath and mind. Improved strength, better balance, flexibility is some of the great health benefits.</i>	<b>Tai - Chi</b> (Towel Cabana - Main Pool) <i>Show, rhythmic and meditative body movements designed to help you find peace and calm.</i>	<b>Pilates</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on the core, body alignment and posture.</i>	<b>Tai - Chi</b> (Towel Cabana - Main Pool) <i>Show, rhythmic and meditative body movements designed to help you find peace and calm.</i>	<b>Pilates</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on the core, body alignment and posture.</i>	<b>Yoga</b> (Towel Cabana - Main Pool) <i>A union of body, breath and mind. Improved strength, better balance, flexibility is some of the great health benefits.</i>	<b>Morning Run</b> (Towel Cabana - Main Pool) <i>Our staff will accompany you on a run at your preferred pace and distance around the Laguna.</i>
<b>08:00 AM - 09:00 AM</b>	<b>Pilates</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on the core, body alignment and posture.</i>	<b>Balance Exercise</b> (Towel Cabana - Main Pool) <i>Strengthen your muscles to improve your stability.</i>	<b>Basic Thai Boxing</b> (Towel Cabana - Main Pool) <i>Thailand's national sport. A form of martial arts with a combination of kicks and punches using gloves and protective gear.</i>	<b>Abs Workout</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on your abdominal and core muscles.</i>	<b>Balance Exercise</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on your balance and stability improvement.</i>	<b>Stretching Class</b> (Towel Cabana - Main Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion.</i>	<b>Boot Camp</b> (Towel Cabana - Main Pool) <i>A whole body, interval workout that builds strength and endurance.</i>
<b>10:00 AM - 11:00 AM</b>	<b>Zumba</b> (Towel Cabana - Main Pool) <i>A dance fitness program involving dance and aerobic movements performed to energetic music.</i>	<b>Abs Workout</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on your abdominal and core muscles.</i>	<b>Stretching Class</b> (Towel Cabana - Main Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion.</i>	<b>Zumba</b> (Towel Cabana - Main Pool) <i>A dance fitness program involving dance and aerobic movements performed to energetic music.</i>	<b>Stretching Class</b> (Towel Cabana - Main Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion.</i>	<b>Abs Workout</b> (Towel Cabana - Main Pool) <i>A low impact workout focusing on your abdominal and core muscles.</i>	<b>Stretching Class</b> (Towel Cabana - Main Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion.</i>
<b>11:00 AM - 12:00 PM</b>	<b>Aqua Aerobic</b> (Towel Cabana - Main Pool) <i>A low impact workout using basic movements in the water conducted by our team to upbeat and fun music.</i>						



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

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.