

DAILY SPORTS AND RECREATION PROGRAM



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 AM - 08:00 AM	Grounding and Meditation	Beach Workout	Tai-Chi	Yoga	Full Body Stretching	Pilates	Morning Fun Run 5-10 KM
08:00 AM - 09:00 AM	Power Yoga	Full Body Stretching	Basic Muay Thai	Pilates	Lady Muay Thai	Gentle Yoga	Mobility
09:00 AM - 05:00 PM	WATERSPORT ACTIVITIES Enjoy a selection of non-motorized watersports by visiting our Marine Center. Complimentary use of paddle boards, Kayaks, Sailing Boat & Windsurfing & etc.						
11:00 AM - 12:00 PM	Learn to Speak Thai	Aqua Aerobics	Learn Basic Thai Massage (Minimum 2 Person)	Aqua Aerobics	Animal Towels Folding	Aqua Aerobics	Thai Origami
02:00 PM - 03:00 PM	Archery Lesson	Sailing Lesson	Windsurfing Lesson	Sailing Lesson	Walking on Water	Windsurfing Lesson	Walking on Water
03:00 PM - 04:00 PM	Resistance Bands Exercise	Full Body Cardio Workout	Core Body Workout	HIIT workout	Tennis Lessons	Thai Boxing (Intermediate)	Afternoon Yoga
06:00 PM - 08:00 PM	Pingpong Competition (Minimum 4 persons)	Tennis Social Night THB 200 Net / person	Pétanque (Minimum 4 persons)	Tennis Social Night THB 200 Net / person	Beach Tennis Challenge (Minimum 4 persons)	Pool Table (Minimum 4 persons)	Squash Match Social Night (Minimum 4 persons)

Feel the thrill with our watersport partner
JET SURF & EFOIL: EXPERIENCE TO FLY OVER THE WATER

THB 3,500 Net / 60 minute / person

| THB 2,300 Net / 30 minutes / person

| THB 1,200 Net / 15 minutes / person

Open Daily: 09:00 AM - 05:00 PM

Remarks:

- 1 day advance reservation is required for all activities and private classes.
- Sport Activities Program: Sport attire and shoes are required.
- For more information and reservation, please contact our SAii GURU or send an enquiry through the **SAii App**.

PLAY GAME AND HAVING FUN WITH THE CONCEPT

RESORT ACTIVITIES

We provide a wide selection of complimentary sports and activities for your enjoyment around the resort including Kayaking, Standup Paddle Boarding, Windsurfing, Sailing Boat, Tennis, Archery, Squash, Beach Volleyball, Beach Tennis, Petanque, Golf Driving Range, Pool Table Game, Table Tennis, Mountain Bike and many sport activities. Please check the daily schedule in this guide for a full listing of resort activities or contact our resort **SAii GURU** or send enquiry through **SAii App**.



MAFEUNG & MAFAI'S JUNIOR BEACH CLUB & CAMP

Our Mafeung & Mafai's Junior Beach Club & Camp caters for all ages and stages, from tots to teens, with separate activities for each group. A wide range of activities and facilities await our younger guests. Check out the daily activity programs inside, or speak to our Junior Beach Club & Camp team, ext.2354

Hours of operation: 9:00 AM - 6:00 PM



SWIMMING POOL

The resort has three magnificent swimming pools. A kids pool for our younger guests, tranquility pool and main pool featuring a 55 meter pool slide.

Hours of operation: 8:00 AM - 8:00 PM



SQUASH COURT

Squash court is available for guests with our compliments. Please contact our Saii GURU team via "Live Chat" for more information or a booking.

Hours of operation: 6:00 AM - 9:00 PM



SAii FIT

Our fully equipped fitness center features state-of-the-art life fitness equipment to keep guests healthy and in good shape. For hygiene and safety reasons, proper sports attire and footwear is required in the Fitness Center.

Hours of operation: 6:00 AM - 9:00 PM



ARCHERY

Learn how to master the art of archery, location at tennis club.

Hours of operation: 8:00 AM - 6:00 PM



MARINE DISCOVERY CENTRE

Enjoy the best adrenaline fueled outdoor activities with our selection of non-motorized watersports. The gentle tides and warm waters are perfect from November - April for watersport activities.

Hours of operation: 9:00 AM - 5:00 PM



TENNIS CLUB

The best lit grass tennis courts in Phuket located on-site. Tennis partners, racquet hire and tennis lesson with professional tennis coach are available. Reservation in advance is required.

Hours of operation: 8:00 AM - 8:00 PM



GOLF DRIVING RANGE

If you are a golfer then there is no need to worry about not playing while you're on holiday. There is a golf driving range to try.... location at tennis club.

Hours of operation: 8:00 AM - 6:00 PM



GAMES ROOM

Enjoy a variety of complimentary Board Games, Table Tennis and Pool Table and many others.

Hours of operation: 6:00 AM - 9:00 PM

