

# DAILY SPORTS AND RECREATION PROGRAM



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 AM - 08:00 AM	Morning Fun Run	Pilates Ball Exercise	Tai Chi	Lady Boxing	Power Yoga	Basic Muay Thai	Mat Pilates
08:00 AM - 09:00 AM	Full Body Stretching	Gentle Yoga	Elastic Band Exercise	Hatha Yoga	TRX Workout	Abs & Stretching	Mobility Workout
09:00 AM - 05:00 PM	<b>WATERSPORT ACTIVITIES</b> 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 Basic Thai Language	Aqua Dance	Animal Towels Folding	Aqua Fitness	<b>DIY Soap</b> THB 300++	Learn Basic Thai Massage	Aqua Tai Chi
02:00 PM - 03:00 PM	Corn Hole Challenge	Sailing Lesson	Fun Walk on Water Experience	Windsurfing Lesson	Sailing Lesson	Fun Walk on Water Experience	Tennis Lessons
03:00 PM - 04:00 PM	Basic Muay Thai	Tennis Clinic	Afternoon Yoga	Circuit Training	Learn Wai Kru Muay Thai	Archery Lesson	Abdominal Workout
06:00 PM - 08:00 PM	<b>Personal Trainer</b> THB 1,000++ / hour / person <small>24-hrs booking in advance required.</small>	<b>Tennis Social Night</b> THB 200 Net / person	<b>Personal Trainer</b> THB 1,000++ / hour / person <small>24-hrs booking in advance required.</small>	<b>Tennis Social Night</b> THB 200 Net / person	<b>Personal Trainer</b> THB 1,000++ / hour / person <small>24-hrs booking in advance required.</small>	<b>Personal Trainer</b> THB 1,000++ / hour / person <small>24-hrs booking in advance required.</small>	<b>Personal Trainer</b> THB 1,000++ / hour / person <small>24-hrs booking in advance required.</small>

*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 Sarii 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**

