

DAILY SPORTS AND RECREATION PROGRAM



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

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

