



Activities



Schedule

DAY	TIME	ACTIVITIES DAILY
Sunday	08:00-09:00	Stretching on mat
	10:00-11:00	Kids muay thai
	14:00-15:00	Pool game(family activities)
	15:00-15:45	Introduction to Muay thai
	16:30-17:30	Beach volleyball
Monday	08:00-09:00	Yoga beginner
	10:00-12:00	Bike tour to waterfall and temple (THB 599)
	13:00-14:00	Matching card game(family activities)
	15:00-16:00	Muay Thai (THB 500)
	17:00-18:00	Beach volleyball

Tuesday	08:00-08:45	Tai chi
	10:00-11:00	Ring toss game(kids activities)
	15:00-16:00	Abdominal workout
	16:00-17:00	Matching card game
	17:00-18:00	Beach volleyball

Wednesday	08:00-09:00	Beach jogging
	10:00-11:00	Origami(kids activities)
	13:00-14:00	Matching card game
	15:00-16:00	Muay Thai(THB500)
	16:30-17:30	Water polo

Thursday	08:00-09:00	Stretching on mat
	10:00-12:00	Bike tour to Waterfall and temple(THB599)
	14:00-15:00	Ring toss game(kids activities)
	16:00-16:30	Cardio Yoga
	17:00-18:00	Beach volleyball

Friday	08:00-08:45	Yoga beginner
	10:00-11:00	Origami(kids activities)
	14:00-14:45	6 Pack ABS
	15:00-16:00	Muay Thai (THB500)
	17:00-18:00	CSR Beach cleaning & beach game

Saturday	08:00-08:45	Tai Chi
	10:00-12:00	Bike tour to temple and sea turtle conservation center (THB 800)
	14:00-15:00	Matching card game
	16:00-16:45	Muay Thai (THB 500)
	17:00-18:00	Beach volleyball

For all above mentioned activities advance reservation is required, please contact Recreation Center at

T: **+66(076)410186 - 410187** M: **+66(0)622457385**

EXT:6 E: gym@edenbeachkhaolak.com Activities in bold carry a charge. Activities with an * are weather permitting.

Sports & Recreation Operation Times

Fitness Center

Fitness Center accessible daily

Fitness instructor available from **06:00 am.-08:00pm.**

Water Sports

Learn new skills and develop a passion For children's safety, please adhere to the for our exciting water sports!

Available from **09:00 am - 05:00 pm**

between November - May.

Water Sports Information

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| 1. | First come, first served basis for all hotel guests. | Water Sports Equipment Service |
| 2. | Booking can be made on the day of usage only. | Kayak Rental THB 200/hr |
| 3. | The guest's signature is required for Kayak Partner.
THB 500/hr | |
| 4. | In case of damaged equipment caused by guests. | Guest will take full responsibility of covering the cost. |
| 5. | Complimentary usage applies for registered hotel guests only. | |
| 6. | Availability depends on weather conditions. | |

Bike Fee

ACTIVITIES	UNIT	CHARGED PRICE
Bike Rental 1 hr	Person/hr	THB 100 Bike
Rental Half Day	Person/3hr	THB 300
Bike Rental Full Day	Person/7hr	THB 500