

Sports & Recreation

Daily Activities

Monday

- 08.00 Basic Yoga (Yoga Sala) max. 10 pers.
- 10.00 Pilates (Yoga Sala) max. 10 pers.
- 14.00 Chiang Mai Umbrella Painting *
- 16.00 Coconut Petanque (Beach)

Tuesday

- 08.00 Basic Muay Thai (Yoga Sala) 5 pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Water Polo (Main Pool)
- 16.00 Beach Volleyball

Wednesday

- 08.00 Basic Yoga (Yoga Sala) max. 10 pers.
- 10.00 Pilates (Yoga Sala) max. 10 pers.
- 14.00 Basic Muay Thai (Yoga Sala)
- 16.00 Coconut Petanque (Beach)

Thursday

- 08.00 Stretching (Yoga Sala) max. 10 pers.
- 10.00 Fit Ball (Yoga Sala) max. 5 pers.
- 14.00 Water Polo (Main Pool)
- 16.00 Aqua Aerobic (Main Pool)

Friday

- 08.00 Tai Chi (Yoga Sala) max. 10 pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Basic Muay Thai (Yoga Sala)
- 16.00 Beach Volleyball



Saturday

- 08.00 Tai Chi (Yoga Sala) max. 10 pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Basic Muay Thai (Yoga Sala)
- 16.00 Beach Volleyball

Sunday

- 08.00 Tai Chi (Yoga Sala) max. 10 pers.
- 09.00 Bicycle Tour * (Reception)
- 14.00 Basic Muay Thai (Yoga Sala)
- 16.00 Beach Volleyball



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