



MELATI

Beach Resort
& Spa

MELATI'S SPORT ACTIVITIES



MONDAY

8.00 am.	Yoga at beach
10.00 am.	Pilates at yoga sala
2.00 pm.	Aqua aerobic at main pool
4.00 pm.	Visit to Thongson farm

TUESDAY

8.00 am.	Muay Thai at beach
9.00 am.	Bicycle tour at lobby *
2.00 pm.	Water polo at main pool
4.00 pm.	Beach volleyball

WEDNESDAY

8.00 am.	Yoga at yoga sala
10.00 am.	Resistance band at yoga sala
2.00 pm.	Aqua aerobic at main pool
4.00 pm.	Muay Thai at garden area

THURSDAY

8.00 am.	Jai chi at beach
10.00 am.	Fit ball work out at yoga sala
2.00 pm.	Water polo at main pool
4.00 pm.	Beach soccer

FRIDAY

8.00 am.	Muay Thai at yoga sala
10.00 am.	Bicycle tour at lobby *
2.00 pm.	Umbrella painting *
4.00 pm.	Beach volleyball

SATURDAY

8.00 am.	Yoga at beach
10.00 am.	Pilates at yoga sala
2.00 pm.	Towel folding at the beach
4.00 pm.	Beach soccer

SUNDAY

8.00 am.	Pilates at beach
10.00 am.	Stretching at yoga sala
2.00 pm.	Water polo at main pool
4.00 pm.	Muay Thai at garden area

Any activity with (*) has an additional charge.
For more information please contact
our recreation department or dial extension 848.