



Shared Wellness & Sport Experiences – Weekly Schedule

To make a reservation or find out further details, please dial “0” to speak to your Guest Experience Team or visit your Guest Experience Sala to chat to the team in person. It is also possible to organize private experiences by arrangement and naturally all offerings are subject to availability and optimum weather conditions. There is also a complete set of information in your Villa Guest Directory and you will find our Island Experiences Activity Book in Guest Experience, Vista and Driftwood for your ease.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)	08:00 – 09:00am Morning Yoga (Complimentary)
10:00-11:00am Koh Bong Walk (USD10/person)	10:00 – 11:30am Paddle Boarding (Balance) (Complimentary)		10:00-11:30am Coral Reef Snorkeling (Complimentary)	10:00-14:00pm Waterfall Hike (USD100/person)		10:00-12:00am Mangrove Kayak Tour with Guide (USD50 / person)
14:00-15:00pm Meditation Class (Complimentary)	14:00-15:00pm Hobie Catamaran (Complimentary)	14:00-15:00pm Basic Swimming Class (Complimentary)		14:00 – 14:30pm Pranayama Breathing Exercise (Complimentary)	14:00-14:30pm Water Skiing (USD35/person)	
21:00-21:45pm Bioluminescence Swim -Dark Sky dependent (USD80/person)		16:00-17:00pm Song Saa Style – Beach fitness (Complimentary)	16:00-17:00pm The tree of life – Coconut palm cleaning (Complimentary)	16:00-16:30 Plant a tree (USD50/family)	16:00-17:00 Personal Fitness Room (complementary)	17:00-17:30 Monk Blessing Ceremony (USD200/family)