

ADULT'S ACTIVITIES PROGRAM

COMPLIMENTARY ACTIVITIES

MONDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	MORNING YOGA AT BANYAN TREE ARKE TRAINING AT GYM ELASTIC EXERCISE AT GYM AFTERNOON YOGA AT BANYAN TREE
TUESDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	AQUA EXERCISE AT FLOAT MAT PILATES AT BANYAN TREE KINESIS TRAINING AT GYM MAT PILATES AT BANYAN TREE
WEDNESDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	BOOTCAMP AROUND THE RESORT YOGA MEDITATION AT BANYAN TREE BASIC OF MUAY THAI AT GYM FULL BODY STRETCHING AT BANYAN TREE
THURSDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	MORNING YOGA AT BANYAN TREE ARKE TRAINING AT GYM ELASTIC EXERCISE AT GYM AFTERNOON YOGA AT BANYAN TREE
FRIDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	AQUA EXERCISE AT FLOAT MAT PILATES AT BANYAN TREE KINESIS TRAINING AT GYM MAT PILATES AT BANYAN TREE
SATURDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	BEACH JOGGING MEET AT MAIN POOL YOGA MEDITATION AT BANYAN TREE BASIC OF MUAY THAI AT GYM FULL BODY STRETCHING AT BANYAN TREE
SUNDAY	8:00 AM 10:00 AM 1:00 PM 3:00 PM	SUNRISE YOGA AT BANYAN TREE ARKE TRAINING AT GYM ABDOMINAL EXERCISE AT GYM AFTERNOON YOGA AT BANYAN TREE
NOTE: THE OUTDOOR ACTIVITIES AT BANYAN TREE WILL BE MOVED TO THE GYM, IF RAINING DAY.		

PRIVATE TRAINING SESSIONS

SESSIONS ARE CHARGABLE THB 1,000++ PER PERSON PER HOUR ** REQUIRES YOU TO MAKE RESERVATION 1 DAY IN ADVANCE		
PERSONAL TRAINER YOGA MUAY THAI MAT PILATES	08:00 AM - 3:00 PM	SUBJECT TO AVAILABILITY

EXCLUSIVE TOUR PROGRAM

EXCLUSIVE TOUR PROGRAM HIGH SEASON NOVEMBER – APRIL **REQUIRES YOU TO MAKE RESERVATION 1 DAY INADVANCE (SUBJECT TO WEATHER CONDITION)		
SNORKELING TOUR	1:00 PM - 4:00 PM	THB 1600++/ PERSON (MIN. 4 GUESTS)
SUNSET BY LONG TAIL BOAT	5:00 PM - 7:00 PM	THB 3,000++/PERSON (MIN.2 GUESTS)
PHANG NGA BAY TOUR	9:00 AM - 4:00 PM	THB 4,500++/PERSON (MIN.2 GUESTS)
PHUKET DISCOVERY TOUR	2:00 PM - 9:00 PM	THB 4,500++/PERSON (MIN.2 GUESTS)
VISIT PHUKET OLD TOWN&NIGHT MARKET	5:00 PM - 9:00 PM	THB 1,200++/PERSON (MIN.4GUESTS)

EXCLUSIVE TOUR PROGRAM GREEN SEASON MAY – OCTOBER **REQUIRES YOU TO MAKE RESERVATION 1 DAY INADVANCE (SUBJECT TO WEATHER CONDITION)		
PHUKET DISCOVERY TOUR	2:00 PM - 9:00 PM	THB 4,500++/PERSON (MIN.2 GUESTS)
VISIT PHUKET OLD TOWN&NIGHT MARKET	5:00 PM - 9:00 PM	THB 1,200++/PERSON (MIN.4GUESTS)
WALK IN THE RAIN FOREST	9:00 AM - 12:00 PM	THB 1,500++/PERSON (MIN.4GUESTS)