

DAILY SPORTS AND RECREATION PROGRAM



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 AM - 08:00 AM	Yoga	Full Body Stretching	Beach Power Walk	Tai-Chi	Pilates	Gentle Yoga (Beginner)	Morning Fun Run 5 KM. - 10 KM.
08:00 AM - 09:00 AM	Pilates	Balance Exercise	Basic Thai Boxing (Beginner)	Full Body Stretching	Boot Camp	Body Firming	Circuit Training
09:00 AM - 05:00 PM	Water Sport Activities Enjoy a selection of non-motorized watersports by visiting our Marine Center. Complimentary use of paddle boards, Kayaks, Sailing Boat & Windsurfing & etc.						
11:00 AM - 12:00 PM	Animal-Shaped Towels Folding	Aqua Aerobic	Learn Basic Thai Massage	Aqua Aerobic	Thai Origami	Aqua Aerobic	Learn to Speak Thai
02:00 PM - 03:00 PM	Archery Lesson	Sailing Lesson	Windsurfing Lesson	Mini Golf Driving Lesson	Sailing Lesson	Windsurfing Lesson	Tennis Lesson
03:00 PM - 04:00 PM	Fat-Burning Exercise	Full Body Cardio Workout	Abs Workout	Killer HIIT Cardio Workout	Thai Boxing Workout (Intermediate)	Step to the beat Cardio Workout	Afternoon Yoga
06:00 PM - 08:00 PM	Kayak Tour 4:00 PM - 5:00 PM	Tennis Social Night THB 200 Net / person 6:00 PM - 8:00 PM	SUP Tour 4:00 PM - 5:00 PM	Tennis Social Night THB 200 Net / person 6:00 PM - 8:00 PM	Beach Tennis 4:00 PM - 5:00 PM	Beach Volleyball 4:00 PM - 5:00 PM	Beach Soccer 4:00 PM - 5:00 PM

Remarks:

- 1 day advance reservation is requested for all activities and private classes.
- Sport Activities Program: Sport attire and shoes are requested.
- For more information and reservation, please contact our SAiiLanders or send an enquiry through the **SAii App**.

PLAY AND HAVING FUN WITH THE CONCEPT

RESORT ACTIVITIES

We provide a wide selection of complimentary sports and activities for your enjoyment around the resort including Kayaking, Standup Paddle Boarding, Windsurfing, Sailing Boat, Tennis, Archery, Squash, Beach Volleyball, Beach Tennis, Petanque, Golf Driving Range, Pool Table Game, Table Tennis, Mountain Bike and many sport activities. Please check the daily schedule in this guide for a full listing of resort activities or contact our resort **SAiiLanders** or send enquiry through **SAii App**.



MAFEUNG & MAFAI'S JUNIOR BEACH CLUB & CAMP

Our Mafeung & Mafai's Junior Beach Club & Camp caters for all ages and stages, from tots to teens, with separate activities for each group. A wide range of activities and facilities await our younger guests. Check out the daily activity programs inside, or speak to our Junior Beach Club & Camp team, ext.2354

Hours of operation: 9:00 AM - 6:00 PM



SWIMMING POOL

The resort has three magnificent swimming pools. A kids pool for our younger guests, tranquility pool and main pool featuring a 55 meter pool slide.

Hours of operation: 8:00 AM - 8:00 PM



SQUASH COURT

Squash court is available for guests with our compliments. Please contact our Sailanders team via "Live Chat" for more information or a booking.

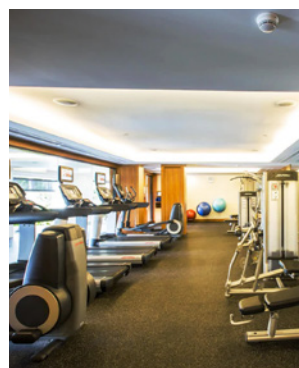
Hours of operation: 6:00 AM - 9:00 PM



GAMES ROOM

Enjoy a variety of complimentary Board Games, Table Tennis and Pool Table and many others.

Hours of operation: 6:00 AM - 9:00 PM



SAii FIT

Our fully equipped fitness center features state-of-the-art life fitness equipment to keep guests healthy and in good shape. For hygiene and safety reasons, proper sports attire and footwear is required in the Fitness Center.

Hours of operation: 6:00 AM - 9:00 PM



ARCHERY

Learn how to master the art of archery, location at tennis club.

Hours of operation: 8:00 AM - 6:00 PM



MARINE DISCOVERY CENTRE

Enjoy the best adrenaline fueled outdoor activities with our selection of non-motorized watersports. The gentle tides and warm waters are perfect from November - April for watersport activities.

Hours of operation: 9:00 AM - 5:00 PM



TENNIS CLUB

The best lit grass tennis courts in Phuket located on-site. Tennis partners, racquet hire and tennis lesson with professional tennis coach are available. Reservation in advance is required.

Hours of operation: 8:00 AM - 8:00 PM



GOLF DRIVING RANGE

If you are a golfer then there is no need to worry about not playing while you're on holiday. There is a golf driving range to try.... location at tennis club.

Hours of operation: 8:00 AM - 6:00 PM



MOUNTAIN BIKE DISCOVERY

Rent a mountain bike and enjoy the lake, temple and local scenery on your own or with one of our SAiiLanders. Located at tennis club.

Hours of operation: 8:00 AM - 6:00 PM

