

RECREATION & WELLNESS ACTIVITIES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM	ISLAND FIT RUN	SUNRISE YOGA		SUNRISE YOGA	BOOT CAMP (8:00 - 9:00 AM)	SUNRISE YOGA	
10:00 AM 11:00 AM	MASSAGE WORKSHOP	TABLE TENNIS CHALLENGE	CANVAS ART CLASS WITH ARTIST	COUPLE THAI STRETCH WORKSHOP	TABLE TENNIS CHALLENGE	SUSTAINABILITY LAB TOUR	BODUBERU BEAT LESSON
11:00 AM 12:00 NN	CANVAS ART CLASS WITH ARTIST*	COCONUT PAINTING	ART OF BREATHING	NATURE STAMP ART	CORALARIUM TOUR	ART OF BREATHING	COCONUT PAINTING
3:00 PM 4:00 PM	BODUBERU BEAT LESSON	ART CLASS WITH ARTIST	CORALARIUM TOUR	TABLE TENNIS CHALLENGE	SUSTAINABILITY LAB TOUR	CANVAS ART CLASS WITH ARTIST*	CORALARIUM TOUR
4:00 PM 5:00 PM	NATURE STAMP ART	COFFEE ART	TURTLE PRESENTATION	COCONUT PAINTING	DART CHALLENGE	TURTLE PRESENTATION	BEACH CORNHOLE CHALLENGE
5:00 PM 6:00 PM	BEACH VOLLEYBALL	AQUA FITNESS	POOL VOLLEYBALL	FUTSAL GAME	BEACH VOLLEYBALL	HIT TRAINING	WATER POLO GAME
6:15 PM 7:00 PM			SUNSET YOGA				SUNSET YOGA

- TO BOOK ANY ACTIVITIES, PLEASE GET IN TOUCH WITH YOUR VILLA HOST
- MEET-UP FOR ACTIVITIES MARKED WITH AN ASTERISK (*) WILL BE AT THE SUSTAINABILITY LAB, THE REST WILL BE AT THE ART STUDIO
- CANVAS ART CLASS WITH ARTIST IS CHARGEABLE, DEPENDING ON THE CANVAS SIZE