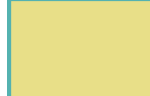




# RESORT ACTIVITIES DAILY PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>07:00–08:00</b> Meet The Chickens	<b>07:00–08:00</b> Beach Power Walk	<b>07:00–08:00</b> Bird Discovery	<b>07:00–08:00</b> Morning Jogging (5 km)	<b>07:00–08:00</b> Meet The Chickens	<b>07:00–08:00</b> Hermit Crab Discovery	<b>07:00–08:00</b> Bird Discovery
<b>08:00–09:00</b> Yoga Class	<b>08:00–09:00</b> Cardio Workout	<b>08:00–09:00</b> Yogilates Class	<b>08:00–09:00</b> Stretching Class	<b>08:00–09:00</b> Yoga Class	<b>08:00–09:00</b> Body Firming	<b>08:00–09:00</b> Yoga Class
<b>11:00–12:00</b> Butterfly Crafting	<b>11:00–12:00</b> Crown Making	<b>11:00–12:00</b> Airplane Crafting	<b>11:00–12:00</b> Stationery Holder Making	<b>11:00–12:00</b> Guitar Making	<b>11:00–12:00</b> Puppet Popsicle	<b>11:00–12:00</b> Bracelet Making
<b>13:00–14:00</b> Plaster Model Painting (THB 150)	<b>13:00–14:00</b> Umbrella Painting (THB 150)	<b>13:00–14:00</b> Gel Candle Making (THB 100)	<b>13:00–14:00</b> Rainbow Sand Art (THB 100)	<b>13:00–14:00</b> Fan Painting (THB 100)	<b>13:00–14:00</b> Gel Candle Making (THB 100)	<b>13:00–14:00</b> Bag Fabric Painting (THB 100)
<b>15:00–16:00</b> Kids Muay Thai (4–12 Years)	<b>15:00–16:00</b> Paper Spinner Craft	<b>15:00–16:00</b> Bunny Puppet Making	<b>15:00–16:00</b> Mask Making	<b>15:00–16:00</b> Paper Crafting	<b>15:00–16:00</b> Bean Sprout Growing	<b>15:00–16:00</b> Cactus Pet Rocks
<b>16:00–17:00</b> Aqua Exercise	<b>16:00–17:00</b> Muay Thai Lesson (Beginner)	<b>16:00–17:00</b> Full Body Burn Tabata	<b>16:00–17:00</b> Beach Circuit Workout	<b>16:00–17:00</b> Muay Thai Workout	<b>16:00–17:00</b> Tennis Lesson (Beginner)	<b>16:00–17:00</b> Muay Thai Lesson (Beginner)

- Advance reservation is required for all activities, please contact our recreation team at 66-76-429000 or dial 0 from your room.
- Maximum 8 guests per class. Facial masks and social distancing are required.
- Please wear appropriate clothing for your selected activities.
- Sports attire and shoes are necessary for sporting activities.
- Please arrive at the Kids Club at least 10 minutes prior to class commencement.

	Family Activities
	Children Activities
	Adults Activities



## FITNESS & KIDS CLUB OPERATION TIME



### FITNESS CENTER

- Fitness Center is open every day from 07:00 am – 07:00 pm.
- Limited capacity of 8 guests and advance reservation is required.
- Facial masks and social distancing are encouraged.
- Only sports shoes is allowed in the Fitness Center for your safety.

### KIDS CLUB

- Kids Club is available for children between 4–12 years old and is open every day from 09:00 am – 07:00 pm.
- Limited capacity of 10 children and advance reservation is required.
- Facial masks and social distancing are required at all times.
- For children’s safety, please adhere to the kids club regulations.

### WATER SPORTS

- Water sport is available every day from 08:00 am – 06:00 pm.
- Advance reservation is required.
- Water sports equipment is provided free of charge and is limited to a maximum of one hour.

### TENNIS COURT

- Tennis court is open every day from 07:00 am – 07:00 pm.
- Advance reservation is required.
- Only sports shoes is allowed on the court for your safety.

Le Meridien Khao Lak Resort & Spa

31 Moo 7, Bangmoung, Takuapa District, Phang Nga 82190 Thailand

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## EQUIPMENT & PRIVATE CLASS



### TENNIS

Description	Court/hr.	Partner/hr.	Equipment/hr.
guests	Free	THB 500	Ball (New Can)THB 200 Tennis Racket Free

### BIKE FEES

Activities	Unit	Charged Price
• Bike Rental 1 hr.	Person/1 hr.	Complimentary
• Bike Rental after 1 hr.	Person/1 hr.	THB 100

### PRIVATE MUAY THAI

Package	Charged Price (Person)	Charged Price (Group: 4-8 Person )
• 1 session	THB 300	THB 1,200
• 3 session	THB 700	THB 2,500
• 5 session	THB 1,200	THB 3,500

### PRIVATE YOGA

Package	Charged Price	Group: 4-8 Pax
• 1 session	THB 300	THB 1,200
• 3 session	THB 700	THB 2,500

### PERSONAL TRAINER (1:1)

• 1 session	THB 1000
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Le MERIDIEN

family

