

RECREATION ACTIVITIES (For Adults)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
From 6:30 to 7:15	Morning Stretching	Yoga Class	Meditation Class	Morning Stretching	Yoga Class	Meditation Class	Yoga Class
	📍 Xanh House Garden			📍 Xanh House Garden			
From 9:00 to 9:30	Kick Boxing	HIIT Cardio	Boxing Class	Kick Boxing	HIIT Cardio	Boxing Class	HIIT Cardio
	📍 Fitness Center			📍 Fitness Center			
From 10:30 to 11:00	Aqua Meditation Flow	Aqua Exercises	Aqua Meditation Flow	Aqua Exercises	Aqua Meditation Flow	Aqua Exercises	Aqua Meditation Flow
	📍 Fitness Pool	📍 Main Pool	📍 Fitness Pool	📍 Main Pool	📍 Fitness Pool	📍 Main Pool	📍 Fitness Pool
From 15:00 to 16:00	Coffee Class (VND 350,000++)	Cocktail Class (VND 550,000++)	Coffee Class (VND 350,000++)	Cocktail Class (VND 550,000++)	Coffee Class (VND 350,000++)	Cocktail Class (VND 550,000++)	Coffee Class (VND 350,000++)
	📍 Terrasse			📍 Terrasse			
From 16:00 to 17:30	Water And Beach Activities At Your Leisure			Water And Beach Activities At Your Leisure			
	📍 Beach			📍 Beach			

All activities are complimentary and limited; first come, first served basis.

For more information, please contact our Fitness Center at ext. 8570.

- Advance reservation for the Food & Beverage class is required. Please contact our Osteria al Mare team at ext. 8720.
- Personalized activities are available upon request including personal yoga classes for beginners, tennis class, private boxing classes and swimming class. They are subject to a fee.
- On rainy days, the venues for all activities, including Meditation, Morning stretching, and Yoga will change to the fitness center.

Babysitting service is available upon request

Water and beach activities

- Water activities including body boarding, kayaking, and standup paddle boarding. Fins for stand-up paddle board are provided upon request.
- Sport activities including beach volleyball, beach badminton, beach football.
- Beach activities including family kite flying, frisbee, petanque. Please contact our beach attendant for balls, equipment and/or other services. All water & beach activities are available from 9:00 a.m. to 5:30 p.m. and subject to weather condition. Children under 16 years old should be accompanied by parents.