

	8:00-9:00 AM	4:00-5:00 PM
<b>Monday</b>	Yoga / 瑜珈 Venue: Beach front / 位置 : 海灘 THB 300++ /Person (maximum 5 people)	Muay Thai / 泰拳 Venue: Kid club / 地點 : 兒童俱樂部 THB 500++ /Person (maximum 2 people)
<b>Tuesday</b>	Abdominal Training / 腹部訓練 Venue: Beach front / 位置 : 海灘 Complimentary (maximum 5 people) / 免費	Stretching / 拉伸 Venue: Beach front / 位置 : 海灘 Complimentary (maximum 5 people) / 免費
<b>Wednesday</b>	Pilates / 普拉提 Venue: Beach front / 位置 : 海灘 Complimentary (maximum 5 people) / 免費	Fit ball / 用球鍛煉 Venue: Fitness / 地點 : 健身 Complimentary (maximum 2 people) / 免費
<b>Thursday</b>	Jogging / 趕 Venue: Fitness / 地點 : 健身 Complimentary (maximum 5 people) / 免費	Dumbbell work out / 啞鈴鍛煉 Venue: Fitness / 地點 : 健身 Complimentary (maximum 2 people) / 免費
<b>Friday</b>	Yoga / 瑜珈 Venue: Beach front / 位置 : 海灘 THB 300++ /Person (maximum 5 people)	Muay Thai / 泰拳 Venue: Kid club / 地點 : 兒童俱樂部 THB 500++ /Person (maximum 2 people)
<b>Saturday</b>	Jogging / 趕 Venue: Fitness / 地點 : 健身 Complimentary (maximum 5 people) / 免費	Beach Volleyball / 沙灘排球 Venue: Beach front / 位置 : 海灘 Complimentary
<b>Sunday</b>	Thai chi / 太極 Venue: Beach front / 位置 : 海灘 Complimentary (maximum 5 people) / 免費	Abdominal Training / 腹部訓練 Venue: Beach front / 位置 : 海灘 Complimentary (maximum 5 people) / 免費

**Scheduling an Appointment**

Please contact Starkid Kids Club Ext. 7835 or Guest Service Center Ext. '0'  
Please book 24 hrs. In advance to avoid disappointment.

**Sheraton Samui Resort**

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