

Guest Activities



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9 AM	Basic Thai Boxing* (Towel Cabana - Main Pool) <i>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</i>	Yoga (Towel Cabana - Main Pool) <i>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</i>	Basic Thai Boxing* (Towel Cabana - Main Pool) <i>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</i>	Yoga (Towel Cabana - Main Pool) <i>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</i>	Basic Thai Boxing* (Towel Cabana - Main Pool) <i>Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear is provided.</i>	Yoga (Towel Cabana - Main Pool) <i>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</i>	Stretching Class (Towel Cabana - Main Pool) <i>Improve flexibility of your joints, muscle control and a range of motion.</i>
11-11:30 AM	Aqua Aerobics (Towel Cabana - Main Pool) <i>Mix up a traditional gym workout with the wondrous benefits of water.</i>		Aqua Aerobics (Towel Cabana - Main Pool) <i>Mix up a traditional gym workout with the wondrous benefits of water.</i>		Aqua Aerobics (Towel Cabana - Main Pool) <i>Mix up a traditional gym workout with the wondrous benefits of water.</i>		
3-4 PM	Thai Language Lesson (Māla Kitchen Patio) <i>Thai language classes teach the basics of communication in Thai and provide insights into Thai culture. Native Thai instructors use interactive methods to make learning enjoyable.</i>	Table Tennis Challenge (Games Room) <i>Whether you are a seasoned pro or have never picked up a racket, join our table tennis challenge to stay active, make new friends and have incredible amounts of fun.</i>	Air Hockey Challenge (Games Room) <i>Challenge your friends and Family to a game of Air Hockey up in the games room, and see who the champion is. All levels welcomed.</i>	Thai Language Lesson (Māla Kitchen Patio) <i>Thai language classes teach the basics of communication in Thai and provide insights into Thai culture. Native Thai instructors use interactive methods to make learning enjoyable.</i>	Table Tennis Challenge (Games Room) <i>Whether you are a seasoned pro or have never picked up a racket, join our table tennis challenge to stay active, make new friends and have incredible amounts of fun.</i>	Air Hockey Challenge (Games Room) <i>Challenge your friends and Family to a game of Air Hockey up in the games room, and see who the champion is. All levels welcomed.</i>	
4-5 PM	Beach Soccer* (Towel Cabana - Main Pool) <i>Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.</i>	Beach Volleyball* (Towel Cabana - Main Pool) <i>The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.</i>	Beach Soccer* (Towel Cabana - Main Pool) <i>Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.</i>	Beach Volleyball* (Towel Cabana - Main Pool) <i>The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.</i>	Beach Soccer* (Towel Cabana - Main Pool) <i>Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.</i>	Beach Volleyball* (Towel Cabana - Main Pool) <i>The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.</i>	Beach Soccer* (Towel Cabana - Main Pool) <i>Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.</i>
5-6 PM			Sunset at Bangsak Beach* (Towel Cabana - Main Pool) <i>What's better than spending your blissful afternoon watching the Khao Lak's picturesque sunset on Bangsak beach? Only a few steps from our resort, you can witness this spectacular event.</i>		Sunset at Bangsak Beach* (Towel Cabana - Main Pool) <i>What's better than spending your blissful afternoon watching the Khao Lak's picturesque sunset on Bangsak beach? Only a few steps from our resort, you can witness this spectacular event.</i>		

* Activities will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. Activities are subject to change. In the event of rain, please call our front desk or check our OutriggerKhaoLak mobile application for updates. A one-day advance reservation is recommended.