

MOVE WELL ACTIVITIES MENU

MONDAY (RAINY DAY ACTIVITIES - SNOOKER CHALLENGE @ CONNECT LOUNGE)

| | | | |
|--------------|------------------------------------|------------|-----------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | Yoga Introduction | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 02.00 p.m. | Thai Boxing - Beginner | 1 hour | Westin WORKOUT® |
| 03.00 p.m. | Beach Volleyball | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

TUESDAY (RAINY DAY ACTIVITIES - THAI LANGUAGE CLASS @ CONNECT LOUNGE)

| | | | |
|--------------|------------------------------------|------------|--------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | Pilates-Beginner | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 02.00 p.m. | Fit Body Boot Introduction | 1 hour | Resort Lobby |
| 03.00 p.m. | Beach Soccer | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

WEDNESDAY (RAINY DAY ACTIVITIES - THAI BOXING @ WESTIN WORKOUT®)

| | | | |
|--------------|------------------------------------|------------|--------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | Beach Exercise | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 02.00 p.m. | Swimming Lesson | 1 hours | Prego Pool |
| 03.00 p.m. | Beach Volleyball | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

THURSDAY (RAINY DAY ACTIVITIES - FLOWER ARRANGEMENT @ CONNECT LOUNGE)

| | | | |
|--------------|------------------------------------|------------|--------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | Yoga Introduction | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |

| | | | |
|--------------|--------------------------------|------------|--------------|
| 02.00 p.m. | Fit Body Boot Introduction | 1 hour | Resort Lobby |
| 03.00 p.m. | Beach Soccer | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

FRIDAY (RAINY DAY ACTIVITIES - TOWEL ART @ CONNECT LOUNGE)

| | | | |
|--------------|--------------------------------------|------------|--------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | All Level Abdominal and Body Stretch | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 02.00 p.m. | Snorkelling Introduction | 1 hours | Prego Pool |
| 03.00 p.m. | Beach Volleyball | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

SATURDAY (RAINY DAY ACTIVITIES - WHEAT GRASS PLANTING @ IN FRONT OF CONNECT LOUNGE)

| | | | |
|--------------|------------------------------------|------------|---------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | TRX-Suspension Training | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 🕒 02.00 p.m. | Candle Gel Making | 1 hours | Westin Family |
| 03.00 p.m. | Beach Soccer | 30 minutes | Westin Beach |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

SUNDAY (RAINY DAY ACTIVITIES - FRUIT CARVING SESSION @ CONNECT LOUNGE)

| | | | |
|--------------|------------------------------------|------------|---------------|
| 08.00 a.m. | RunWESTIN™ | 30 minutes | Resort Lobby |
| 08.30 a.m. | Pilates-Beginner | 30 minutes | Resort Lobby |
| 10.00 a.m. | Aquacise | 45 minutes | Horizon Pool |
| 🏊 10.00 a.m. | Windsurf Lesson - Beginner (Max 4) | 1 hour | Westin Beach |
| 🕒 02.00 p.m. | Batik Painting | 2 hours | Westin Family |
| 03.00 p.m. | Pool Table Challenge | 1 hour | Horizon Pool |
| 🏊 04.00 p.m. | Westin Bike Experience (Max 4) | 1 hour | Resort Lobby |

🏊 A charge of THB 450++ per person.

🏊 A charge of THB 200++ per person

🕒 Subject to additional charges.

TERMS & CONDITIONS

- Bike Rentals available, charged at THB 100++/ hour, THB 200++/ half day THB 300++/ full day per person.
- Kayak, Windsurfing and Paddle Board available free of charge for an hour.
- Activities are subject to availability.
- Activities are suitable for most fitness levels.

- For your safety, availability of water sports are subject to tide and weather conditions.
- Booking must be made 24 hours in advance.
- ++ Subject to 10% service charge and 7% applicable tax.

To make a reservation or for any further assistance, dial “O” Service Express®