



HOTEL ACTIVITIES SCHEDULE

5 PM - 6 PM

MONDAY

TAI CHI

TUESDAY

**LAO
TRADITIONAL
DANCE - BASALOB**

WEDNESDAY

**WATER
VOLLEYBALL**

THURSDAY

**CARDIO/
AEROBIC
DANCING**

FRIDAY

**STRETCHING
TO PREVENT
OFFICE
SYNDROME**

SATURDAY

**60 MINS
FULL BODY
WORKOUT**

SUNDAY

SUNSET YOGA

***SPECIAL CLASSES (10 AM - 4 PM)**

KICK BOXING (1HR) - \$10++/person**

BEGINNER YOGA (1HR) - \$10++/person**

*Must book 1 day in advance.

**Price is subject to 10% government tax & 10% service charge.