



THE  
LITTLE SHORE  
KHAO LAK | BY KATATHANI

# Activity Program

## MONDAY

Aqua Aerobic	11.00 - 12.00 hrs.	Beach Front Pool
Beginner Health Walk	13.00 - 15.00 hrs.	Front

## TUESDAY

Yoga	08.00 - 09.00 hrs.	Activity Room
Thai Language	11.00 - 12.00 hrs.	Activity Room
Thai Boxing	14.00 - 15.00 hrs.	Activity Room

## WEDNESDAY

Aqua Aerobic	11.00 - 12.00 hrs.	Beach Front Pool
Beginner Health Walk	13.00 - 15.00 hrs.	Front

## THURSDAY

Yoga	08.00 - 09.00 hrs.	Activity Room
Towels Folding	11.00 - 12.00 hrs.	Activity Room
Thai Boxing	14.00 - 15.00 hrs.	Activity Room

## FRIDAY

Aqua Aerobic	11.00 - 12.00 hrs.	Beach Front Pool
Thai Language	14.00 - 15.00 hrs.	Activity Room

## SATURDAY

Towels Folding	11.00 - 12.00 hrs.	Activity Room
Thai Boxing	14.00 - 15.00 hrs.	Activity Room

## SUNDAY

Yoga	08.00 - 09.00 hrs.	Activity Room
Thai Language	11.00 - 12.00 hrs.	Activity Room

All activities must be book one day before.  
For reservation please dial 77, 0