

Teen & Adult Activities Program

Day / Time	09:00 am - 10:00 am	10:00 am - 11:00 am	11:00 am - Noon	13:00 pm - 14:00 pm	14:00 pm - 15:00 pm
Monday	Stretching Class	T-Shirt Batik Painting	Jelly Candle Making Clay Model Painting	Clay Model Painting Frame Painting	Frame Painting
Tuesday	Circuit Training	Handkerchief Batik Painting	Water Polo Nail Painting	Nail Painting Balloon Art	Balloon Art
Wednesday	Yoga for Beginners	Saa Paper Painting	Jelly Candle Making	Sea Bees Diving	Frame Painting
Thursday	30 ABS Class	T-Shirt Batik Painting Cartoon Relax	Water Polo Nail Painting	Nail Painting Thai Art & Craft	Thai Art & Craft
Friday	Stretching Class	Handkerchief Batik Painting	Jelly Candle Making	Balloon Art	Frame Painting
Saturday	Circuit Training	Aquarobic	Water Polo	Nail Painting	Thai Art & Craft
Sunday	Yoga for Beginners	T-Shirt Batik Painting	Jelly Candle Making	Sea Bees Diving	Balloon Art

Batik Painting (T-Shirt): Kids THB 350/ Adult THB 600

Batik Painting (Handkerchief): Size S THB 250

The 24 hours advance reservation is highly recommended