

YOUR GUIDE to Fun

DAILY ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LOCATION (LEVEL)	NOTES
7:00 - 8:00	HATHA YOGA	PILATES	ASHTANGA YOGA	PILATES	HATHA YOGA	MEDITATION	FLOW YOGA	BALCONY @ THE SUMMIT (HEAVEN)	Register by 18:00 previous evening with Concierge, ext. 6203
7:00 - 8:00			KICK-BOXING		KICK-BOXING	KICK-BOXING	KICK-BOXING	SOAR GYM (SEA)	
7:00 - 10:00	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	HIKE TO BANYAN TREE	MEET AT CONCIERGE @ THE SUMMIT (HEAVEN)	
9:00 - 10:00		NATURE TOUR		NATURE TOUR		NATURE TOUR		MEET AT CONCIERGE @ THE SUMMIT (HEAVEN)	
11:00 - 16:00			TRADITIONAL ARTS & CRAFTS MAKING		TRADITIONAL ARTS & CRAFTS MAKING	TRADITIONAL ARTS & CRAFTS MAKING	TRADITIONAL ARTS & CRAFTS MAKING	LONG BAR (SEA)	Register by 18:00 previous evening with Concierge, ext. 6203 VND 350,000++ for lantern, hat and kite making; VND 580,000++ for umbrella
13:00 - 15:00	COFFEE ART CLASS	COFFEE ART CLASS	COFFEE ART CLASS	COFFEE ART CLASS	COFFEE ART CLASS	COFFEE ART CLASS	COFFEE ART CLASS	CITRON RESTAURANT (HEAVEN)	Advance reservation recommended at Citron VND 199,000++ per person
14:00 - 15:30	MOVIES FOR KIDS	MOVIES FOR KIDS	MOVIES FOR KIDS	MOVIES FOR KIDS	MOVIES FOR KIDS	MOVIES FOR KIDS	MOVIES FOR KIDS	CINEMA @ THE SUMMIT (HEAVEN)	Register by 10:00 am with Concierge, ext. 6203 or Kids Club, ext. 6140
14:00 - 16:00	VIETNAMESE COOKING CLASS	KIDS PIZZA MAKING CLASS	VIETNAMESE COOKING CLASS	KIDS PIZZA MAKING CLASS	VIETNAMESE COOKING CLASS	KIDS PIZZA MAKING CLASS	VIETNAMESE COOKING CLASS	VIETNAMESE: CITRON (HEAVEN) PIZZA: BAREFOOT (SEA)	Register by 18:00 previous evening with Concierge, ext. 6203 or at Citron Vietnamese: VND 1,299,000++ Pizza: VND 699,000++
15:00 - 16:00	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	TAI CHI CLASS	LONG BAR (SEA)	Register by 10:00 am with Concierge, ext. 6203
16:00 - 18:00	MOVIES FOR ADULTS	MOVIES FOR ADULTS	MOVIES FOR ADULTS	MOVIES FOR ADULTS	MOVIES FOR ADULTS	MOVIES FOR ADULTS	MOVIES FOR ADULTS	CINEMA @ THE SUMMIT (HEAVEN)	Register by 10:00 am with Concierge, ext. 6203 or Kids Club, ext. 6140

EVERY DAY & ALWAYS COMPLIMENTARY

TIME	LOCATION		NOTES
	OUR FACILITIES	SWIMMING POOLS SOAR GYM BENSLEY OUTSIDER GALLERY THE SPA* BGA MANICURE & PEDICURE* PLANET TREKKERS KIDS CLUB	Opening hours vary; check details with Concierge, ext. 6203
6:00 - 17:00	AT THE BEACH	BADMINTON, FOOTBALL, PETANQUES LAWN BOWLING, VOLLEYBALL	
6:00 - 23:00	AT THE LONG BAR	BILLIARDS, PING PONG, BOARD GAMES	
10:00 - 17:00	ON THE WATER	SAILING, SURFING, WINDSURFING, BODY BOARDING, KAYAKING, BASKET BOATING	
10:00 - 17:00	FISHING	SHORE FISHING, NET FISHING	
10:00 - 17:00	THE SPORTS CENTRE	TENNIS, FOOTBALL TENNIS CLINIC WITH A PRO ON REQUEST*	
10:00 - 22:00	CINEMA ON DEMAND	ENJOY A FILM OF YOUR CHOICE AT THE TIME YOU WANT	Screening times vary; check details with Concierge, ext. 6203
10:00 - 22:00	NINTENDO	CHALLENGE A FRIEND AND CONQUER THE LATEST IN VIDEO GAMES	Book with Concierge, ext. 6203
12:00 - 21:00	KARAOKE	MUSICAL FUN WITH YOUR FRIENDS OR FAMILY IN ONE OF OUR PRIVATE KARAOKE ROOMS	Register by 10:00 am with Concierge, ext. 6203 or Dining Reservations, ext. 6328

*Spa and beauty treatments and tennis lessons are chargeable; please ask the Concierge or the respective department for details
Children 12 years and under must be accompanied by an adult; some activities are not suitable for children under 6
Many activities are weather-dependent, and facility availability and this schedule may change without notice.
Please check with the Concierge for updates, ext. 6203