

# YOUR GUIDE to Jun

## 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 16:00 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		WILDLIFE WORKSHOP		WILDLIFE WORKSHOP		WILDLIFE WORKSHOP		MEET AT CONCIERGE @ THE SUMMIT (HEAVEN)	
10:00 - 16:00		BASKET BOAT FUN RIDE		BASKET BOAT FUN RIDE		BASKET BOAT FUN RIDE	BASKET BOAT FUN RIDE	FRONT OF WET MONKEY (SEA)	Register with Concierge by 16:00 ext. 6203
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 16:00 previous evening with Concierge - ext. 6203 VND 350,000 ++ for lantern, hat and kite making VND 580,000 ++ for umbrella making
12:00 - 13:00	HAND MASSAGE CLASS	HEAD MASSAGE CLASS	DIY COFFEE BODY SCRUB	BACK, NECK & SHOULDER MASSAGE CLASS	FOOT MASSAGE WORKSHOP	FOOT MASSAGE WORKSHOP	FOOT MASSAGE WORKSHOP	MON - THURS: THE SPA RECEPTION FRI - SUN: BGA STUDIO	Register with Concierge, by 16:00 ext. 6203 or Spa Reception - ext. 6904
13:00 - 15:00	FISHING ON BOAT		FISHING ON BOAT		FISHING ON BOAT			FRONT OF WET MONKEY (SEA)	Register with Concierge by 16:00 ext. 6203
13:00 - 15:00		SNORKELING TRIP		SNORKELING TRIP		SNORKELING TRIP		FRONT OF WET MONKEY (SEA)	Register with Concierge by 16:00 ext. 6203
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 ++ / person.
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	COOKING CLASS: CITRON RESTAURANT PIZZA MAKING CLASS: BAREFOOT RESTAURANT	Register by 16:00 previous evening with Concierge by 16:00 - ext. 6203. Cooking Class: VND 1,299,000 ++ / person Pizza Making Class: VND 699,000 ++ / person

## EVERY DAY & ALWAYS COMPLIMENTARY

TIME	LOCATION	NOTES
	OUR FACILITIES	SWIMMING POOLS   SOAR GYM   BENSLEY OUTSIDER GALLERY   THE LAGOON SPA * BGA MANICURE & PEDICURE *   PLANET TREKKERS KIDS CLUB
6:00 - 17:00	AT THE BEACH	BADMINTON, FOOTBALL, PETANQUES LAWN BOWLING, VOLLEYBALL
6:00 - 23:00	AT LONG BAR	BILLIARDS, PING PONG, BOARD GAMES
10:00 - 16:00	FRONT OF WET MONKEY	PADDLE BALL GAME
10:00 - 17:00	ON THE WATER; FISHING AREA	SAILING, SURFING, WIND-SURFING, BODY BOARDING, KAYAKING NET FISHING
10:00 - 17:00	SPORTS CENTER	TENNIS, FOOTBALL   TENNIS CLINIC WITH A PRO ON REQUEST *
10:00 - 20:00	CINEMA ON DEMAND	ENJOY A FILM OF YOUR CHOICE AT THE TIME YOU WANT (10:00 - 13:00) & (20:00 - 22:00)
10:00 - 22:00	NINTENDO @ CINEMA THE SUMMIT (HEAVEN)	CHALLENGE A FRIEND AND CONQUER THE LATEST IN VIDEO GAMES
14:00 - 15:30	CINEMA @ THE SUMMIT (HEAVEN)	MOVIES FOR KIDS
16:00 - 17:00	LONG BAR (SEA)	TAI CHI CLASS
16:00 - 18:00	CINEMA @ THE SUMMIT (HEAVEN)	MOVIES FOR ADULTS
14:00 - 24:00	KARAOKE @ M-ROUGE	MUSICAL FUN WITH YOUR FRIENDS OR FAMILY IN ONE OF OUR PRIVATE KARAOKE ROOMS *

\* These activities are chargeable. Please contact Concierge or the respective departments 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 Concierge for updates - ext. 6203.