



# YOUR GUIDE to FUN

SCHEDULED ACTIVITIES									
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LOCATION (LEVEL)	NOTES
7:30 - 8:30	MORNING YOGA	MORNING YOGA	MORNING YOGA	MORNING YOGA	MORNING YOGA	MORNING YOGA	MORNING YOGA	YOGA PAVILION (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
8:00 - 9:00		KICK-BOXING	KICK-BOXING		KICK-BOXING	KICK-BOXING	KICK-BOXING	SOAR GYM (SEA)	
9:30 - 10:30	MAT PILATES			MAT PILATES	MAT PILATES	MAT PILATES	MAT PILATES	YOGA PAVILION (SEA)	
9:30 - 10:30		NATURE TOUR		NATURE TOUR		NATURE TOUR		MEET AT CONCIERGE @ THE LOBBY (HEAVEN)	
12:15 - 12:45	BACK MASSAGE CLASS	HEAD MASSAGE CLASS	NECK & SHOULDER MASSAGE CLASS	HOME SPA - FOOT BATH	DIY NAIL ENLIGHTENMENT	FOOT MASSAGE WORKSHOP	DIY NAIL ENLIGHTENMENT	MON - THUR SPA RECEPTION (SEA) FRI - SUN MANICURE & PEDICURE STUDIO (SEA)	Register with Concierge, ext. 6203 or the Spa, ext. 6904
12:30 - 13:00		FUN BOXING FOR KIDS	FUN BOXING FOR KIDS		FUN BOXING FOR KIDS	FUN BOXING FOR KIDS	FUN BOXING FOR KIDS	SOAR GYM (SEA)	Register by 10:00 with Concierge, ext. 6203
13:15 - 14:00	TRADITIONAL VIETNAMESE COFFEE TASTING *			TRADITIONAL VIETNAMESE COFFEE TASTING *	TRADITIONAL VIETNAMESE COFFEE TASTING *	TRADITIONAL VIETNAMESE COFFEE TASTING *		CITRON (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, or Citron, ext. 6312. * VND 599,000++ per person
13:00 - 15:00	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *		CITRON (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, or Citron, ext. 6312. * VND 1,699,000++ per person
13:30 - 15:00	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 with Concierge, ext. 6203 or Planet Trekkers, ext. 6140
14:00 - 16:00		KIDS PIZZA MAKING CLASS *		KIDS PIZZA MAKING CLASS *			KIDS PIZZA MAKING CLASS *	BAREFOOT (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203, or at Barefoot. * VND 888,000++ per child
14:00 - 15:00	SWIMMING LESSONS		SWIMMING LESSONS		SWIMMING LESSONS		SWIMMING LESSONS	GARDEN POOL (SEA)	Register by 10:00 with Concierge, ext. 6203
14:00 - 15:00		HIIT WORKOUT	HIIT WORKOUT		HIIT WORKOUT	HIIT WORKOUT	HIIT WORKOUT	SOAR GYM (SEA)	
14:00 - 15:00	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	MOCKTAIL MAKING CLASS *	LONG BAR (SEA)	Kid-friendly. Register four hours in advance with Concierge, ext. 6203, or Long Bar at ext. 6318. * VND 559,000++ per person
14:00 - 15:00	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *		CITRON (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, or Citron, ext. 6312. * VND 399,000++ per person
14:30 - 15:30	YOGA			YOGA	YOGA	YOGA	YOGA	YOGA PAVILION (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
14:30 - 15:30		NATURE TOUR		NATURE TOUR		NATURE TOUR		MEET AT CONCIERGE @ THE LOBBY (HEAVEN)	Register by 10:00 with Concierge, ext. 6203
15:00 - 16:00		TAI CHI		TAI CHI		TAI CHI		LONG BAR LAWN (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
15:00 - 16:00	COCKTAIL MAKING CLASS *	COCKTAIL MAKING CLASS *	COCKTAIL MAKING CLASS *	COCKTAIL MAKING CLASS *	COCKTAIL MAKING CLASS *	COCKTAIL MAKING CLASS *		LONG BAR (SEA)	Register four hours in advance with Concierge, ext. 6203, or Long Bar at ext. 6318. * VND 999,000++ per person
15:15 - 16:00	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *	COFFEE ART CLASS *		CITRON (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, or Citron, ext. 6312. * VND 399,000++ per person
15:30 - 17:00	FAMILY MOVIES	FAMILY MOVIES	FAMILY MOVIES	FAMILY MOVIES	FAMILY MOVIES	FAMILY MOVIES	FAMILY MOVIES	CINEMA @ THE SUMMIT (HEAVEN)	Register by 10:00 with Concierge, ext. 6203 or Planet Trekkers, ext. 6140
15:30 - 17:30	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *	VIETNAMESE COOKING CLASS *			CITRON (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, or Citron, ext. 6312. * VND 1,699,000++ per person
16:00 - 17:00	COCKTAIL MAKING CLASS *		COCKTAIL MAKING CLASS *		COCKTAIL MAKING CLASS *			BUFFALO BAR (EARTH)	Register before 17:00 previous evening with Concierge, ext. 6203, or La Maison, ext. 6321. * VND 1,086,000++ per person
16:00 - 17:00		WINE CELLAR TOUR & TASTING *		WINE CELLAR TOUR & TASTING *		WINE CELLAR TOUR & TASTING *		THE WINE CELLAR (EARTH)	Register before 17:00 previous evening with Concierge, ext. 6203, or La Maison, ext. 6321. * VND 1,399,000++ per person

DAILY ACTIVITIES			Schedule may change without notice
TIME	LOCATION		NOTES
6:00 - 17:00	AT THE BEACH	FOOTBALL, BADMINTON, VOLLEYBALL, PETANQUE, FRISBEE	Check details with Concierge, ext. 6203
10:00 - 17:00		SURFING, WINDSURFING, BODY BOARDING, KITE FLYING	
12:00 - 16:00		SHORE FISHING, NET FISHING	
6:00 - 19:00	THE LONG BAR	BILLIARDS, PING-PONG, FOOSBALL	
8:00 - 17:00	THE SPORTS CENTRE	JAZZMINTON, FOOTBALL, TENNIS   TENNIS CLINIC WITH A PRO ON REQUEST *	60-minute sessions. Book 4 hours in advance with Concierge, ext. 6203
9:00 - 20:00	PLANET TREKKERS KIDS CLUB	KIDS GAMES & ACTIVITIES	Booking not required
11:00 - 22:00	1920'S ROOM, M ROUGE KARAOKE CLUB	NINTENDO	Book 2 hours in advance with the Concierge, ext. 6203
14:00 - 24:00	M ROUGE	KARAOKE - MUSICAL FUN WITH YOUR FRIENDS OR FAMILY IN ONE OF OUR PRIVATE KARAOKE ROOMS	14:00 - 18:00 Complimentary   18:00 - 22:00 VND 2,399,000 ++/2 hr   22:00 onwards VND 3,599,000 ++/2 hr (Fee may be used as credit towards snacks and beverages)
UPON REQUEST	YOGA PAVILION	FREQUENCY YOGA *	* VND 1,488,000++ per session Book in advance with Concierge, ext. 6203
UPON REQUEST	SOAR GYM / YOGA PAVILION	PRIVATE YOGA, KICK-BOXING, PERSONAL TRAINING *	* VND 999,000++ per session Book in advance with Concierge, ext. 6203

\* These activities 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, facility availability and this schedule may change without notice.  
Please check with the Concierge for updates, ext. 6203