

YOUR GUIDE to FUN



SCHEDULED ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	LOCATION (LEVEL)	NOTES
7:30 - 8:30	YOGA FLOW	YOGA FLOW	YOGA FLOW	YOGA FLOW	YOGA FLOW	YOGA FLOW	YOGA FLOW	YOGA PAVILION (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
8:30 - 9:30		NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION		MEET AT CONCIERGE (HEAVEN)	
9:30 - 10:30	SNORKELING	BOAT FISHING	SNORKELING	BOAT FISHING	SNORKELING	BOAT FISHING	SNORKELING	WATER SPORTS AREA (SEA)	* Register 4 hours in advance with Concierge, ext. 6203
10:30 - 11:00			THE ORGANIC GARDEN	THE ORGANIC GARDEN	THE ORGANIC GARDEN			MEET AT CONCIERGE (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203
10:30 - 11:30	AERIAL YOGA	AERIAL YOGA	AERIAL YOGA	AERIAL YOGA	AERIAL YOGA	AERIAL YOGA	AERIAL YOGA	YOGA PAVILION (SEA)	
10:30 - 11:30		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	SOAR GYM (SEA)	
11:30 - 12:00			GREEN HUB		GREEN HUB			MEET AT CONCIERGE (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203
12:15 - 13:00	GUA SHA & FACE ROLLER FACIAL WORKSHOP	HEAD MASSAGE WORKSHOP	NECK & SHOULDER MASSAGE WORKSHOP	FOOT MASSAGE WORKSHOP	DIY NAIL WORKSHOP	ARMS MASSAGE WORKSHOP	HANDS CARE WORKSHOP	MON - THUR MI SOL SPA RECEPTION (SEA) FRI - SUN THE NAIL & HAIR STUDIO (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203 or Mi Sol Spa, ext. 6904
13:00 - 14:00	SWIMMING LESSONS		SWIMMING LESSONS		SWIMMING LESSONS		SWIMMING LESSONS	GARDEN POOL (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 guest
13:30 - 14:30	PILATES FUSION	PILATES FUSION	PILATES FUSION	PILATES FUSION	PILATES FUSION	PILATES FUSION	PILATES FUSION	YOGA PAVILION (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
13:30 - 15:00	ANIMATED MOVIE	ANIMATED MOVIE	ANIMATED MOVIE	ANIMATED MOVIE	ANIMATED MOVIE	ANIMATED MOVIE	ANIMATED MOVIE	CINEMA AT THE SUMMIT (HEAVEN)	Register by 10:00 with Concierge, ext. 6203 or Planet Trekkers, ext. 6140
13:00 - 15:00	SNORKELING		SNORKELING		SNORKELING		SNORKELING	WATER SPORTS AREA (SEA)	* Register 4 hours in advance with Concierge, ext. 6203
13:00 - 16:00		BOAT FISHING		BOAT FISHING		BOAT FISHING			
13:00 - 16:00	NET FISHING		NET FISHING		NET FISHING		NET FISHING		
13:00 - 16:00	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 guest
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 guest
14:00 - 15:00	MOCKTAIL MAKING CLASS*	MOCKTAIL MAKING CLASS*	MOCKTAIL MAKING CLASS*		MOCKTAIL MAKING CLASS*	MOCKTAIL MAKING CLASS*	MOCKTAIL MAKING CLASS*	LONG BAR (SEA)	Kid-friendly. Register 4 hours in advance with Concierge, ext. 6203, or Long Bar, ext. 6318 * VND 559,000++ per guest
14:30 - 15:30		LADIES FIT		LADIES FIT		LADIES FIT	LADIES FIT	SOAR GYM (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
14:30 - 16:00		KIDS PIZZA MAKING CLASS*		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 999,000++ per guest
15:00 - 15:45	SOUND BATH MEDITATION		SOUND BATH MEDITATION		SOUND BATH MEDITATION		SOUND BATH MEDITATION	YOGA PAVILION (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 4 hours in advance with Concierge ext. 6203, or Long Bar, ext. 6318 * VND 999,000++ per guest
15:00 - 16:00		TAI CHI		TAI CHI		TAI CHI		YOGA PAVILION (SEA)	Register before 17:00 previous evening with Concierge, ext. 6203
15:00 - 16:00		NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION		MEET AT CONCIERGE (HEAVEN)	Register by 10:00 with Concierge, ext. 6203
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 guest
15:30 - 16:30		SAKE TASTING CLASS*		SAKE TASTING CLASS*		SAKE TASTING CLASS*		TINGARA (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203, maximum 4 pax / day * VND 1,100,000++ per guest
15:30 - 17:00	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	MOVIES FOR FAMILIES	CINEMA AT THE SUMMIT (HEAVEN)	Register by 10:00 with Concierge, ext. 6203 or Planet Trekkers, ext. 6140
16:00 - 17:00	SOUVENIRS DE FRANCE WINE TASTING*		SOUVENIRS DE FRANCE WINE TASTING*		SOUVENIRS DE FRANCE WINE TASTING*			THE WINE CELLAR LA MAISON 1888 (EARTH)	Register before 17:00 previous evening with Concierge, ext. 6203, or La Maison, ext. 6321 maximum 8 pax / day. * VND 1,700,000++ per guest
16:00 - 17:00		NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION	NATURE EXPEDITION		MEET AT CONCIERGE (HEAVEN)	Register before 17:00 previous evening with Concierge, ext. 6203
16:30 - 17:30		SUNSET SAKE	SUNSET SAKE	SUNSET SAKE	SUNSET SAKE	SUNSET SAKE	SUNSET SAKE	TINGARA (HEAVEN)	Charge on consumption

Effective September 01, 2025. Schedule may change without notice

DAILY ACTIVITIES

TIME	LOCATION	ACTIVITY
6:00 - 19:00	LONG BAR	BILLIARDS, PING-PONG, FOOSBALL
8:00 - 19:00	AT THE BEACH	OUTDOOR ARCHERY & DARTS
8:00 - 17:00		FOOTBALL, BADMINTON, VOLLEYBALL, PETANQUE, FRISBEE, BEACH TENNIS, KITE FLYING
8:00 - 22:00	THE SPORTS CENTRE	FOOTBALL, PICKLEBALL, TENNIS TENNIS & PICKLEBALL PARTNER OR LESSON ON REQUEST* 60-minute sessions. Book 6 hours in advance with Concierge, ext. 6203 Tennis/Pickleball partner or lesson: VND 1,299,000++ / hour
9:00 - 18:00	PLANET TREKKERS KIDS CLUB	KIDS GAMES & ACTIVITIES
9:00 - 17:30	WATER SPORTS AREA	KAYAKING, WINDSURFING, STAND UP PADDLE BOARDING, BODY BOARDING*
10:00 - 17:00		BASKET BOAT FUN RIDE
11:00 - 22:00	1930'S ROOM, M ROUGE	NINTENDO Book 2 hours in advance with 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 hours 22:00 onwards VND 3,599,000 ++ / 2 hours (Fee may be used as credit towards snacks and beverages)
UPON REQUEST	YOGA PAVILION	FREQUENCY YOGA* PRIVATE BREATHWORK & SOUND HEALING SESSION* PRIVATE AERIAL YOGA* For details & reservations, contact our Guest Activities team, ext. 6920
UPON REQUEST	SOAR GYM / YOGA PAVILION	PRIVATE YOGA* For details & reservations, contact our Guest Activities team, ext. 6920
UPON REQUEST	SOAR GYM / YOGA PAVILION	PRIVATE TAI CHI TRAINING* For details & reservations, contact our Guest Activities team, ext. 6920

LOVE OUR DESIGN?
TAKE THE TOUR!



Scan this code and head to the lobby to begin!

* 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.
Water sports such as body boarding, shore fishing are available for children aged 6-11 when accompanied by an adult.
Windsurfing and Swimming Lesson are available for children aged 12 and above. Children aged 12 and above need parental permission.
For safety reasons, water sports are not available for guests who are under the influence of alcohol or are pregnant.

For snorkeling: 6 pax / session
For boat fishing: Maximum 3 pax / day, minimum 1 pax / day

Many activities are weather-dependent, facility availability and this schedule may change without notice. Please check with the Concierge for updates, ext. 6203