



**MARRIOTT RESORT**  
PHUKET  
NAI YANG BEACH

## RESORT ACTIVITIES



### Activities

Activities	Price per person (THB)
Yoga/Tai Chi (Private Lesson)	1,000++ (1 hr)
Yogilates (Private Lesson)	1,000++ (1 hr)
Super Stretching (Private Lesson)	500++ (1 hr)
Body Toning (Private Lesson)	500++ (1 hr)
Personal Trainer (Private Lesson)	1,000++ (1 hr)
Pilates on The Mat (Private Lesson)	1,000++ (1 hr)
Abdominal Workout (Private Lesson)	500++ (1 hr)
Private Thai Boxing Lesson	1,000++ (1 hr)
Bike Rental	100 (1 hr)
Bike Rental Half Day	300 (4 hrs)
Bike Rental Full Day From 09.00 - 17.00 hrs	500 (8 hrs)

## SPORTS & RECREATION OPERATION TIMES



**Fitness Center**  
Opens 24 hours  
Starts are available from  
08.00 - 18.00 hrs.



**Kids Club**  
For children between 4 and  
12 years old. For children's safety,  
please adhere to the Kids Club  
regulations.



**Great activities for a day full of fun**  
The children can enjoy  
themselves on their own or with  
our Kids Club animators  
From 09.00 - 18.00 hrs

**\*Available on request**

## SPECIAL KID'S CLUB ACTIVITIES (EXTRA CHARGE)

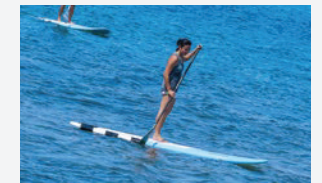
Activities	Price per set (THB)
Bracelet Making	250++
Necklace Making	300++
Jelly Candle Making (S/L)	200++/450++
Bag Painting (S/L)	250++/400++
Clay Doll Painting	250++
Batik T-Shirt Painting	450++
Handkerchief Batik Painting	400++
Canvas Painting (S/L)	250++/450++
Tie Dye T-Shirt	450++
Beach Bag Painting	500++



**Pool**  
A fabulous lagoon pool  
stretching over 342 m. and  
covering 2,651 sq m.  
From 09.00 - 19.00 hrs



**Beach Activities**  
A perfect venue to relax and  
enjoy exciting all day activities  
From 09.00 - 18.00 hrs



**Water Sport**  
Four Kayaks and four stand-up  
paddle-boards are available  
during high-tide times.  
From 09.00 - 17.00 hrs

**\*Beach activities and water sports are not available during the monsoon season and low tide.**

All prices are in Thai baht and subject to government tax and service charge. Water sports and beach activities may vary depending on the tide and weather conditions.



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## RESORT ACTIVITIES

DAY	KID'S ACTIVITIES AT KID'S CLUB (4-12 YEARS OLD)	TEEN AND ADULT ACTIVITIES (13 YEARS+)	MEETING POINT	FAMILY ACTIVITIES (ALL AGES)	MEETING POINT
<b>SUNDAY</b>	09.00 - 10.00 Recycle Hour 10.00 - 11.00 T-Shirt Tie Dye <b>*Price 450++</b> 13.00 - 14.00 Board Game 14.00 - 15.00 Clay Doll Painting <b>*Price 250++</b> 15.00 - 16.00 Beach Soccer	08.10 - 09.00 Sunrise Beach Yoga (maximum 6 pax) 15.10 - 16.00 Abdominal Workout (maximum 6 pax) 16.30 - 17.30 Beach Soccer	Fitness Center Fitness Center Beach Hut	09.00 - 10.00 Clay Doll Painting <b>*Price 250++</b> 16.30 - 17.30 Beach Soccer	Kid's Club Beach Hut
<b>MONDAY</b>	09.00 - 10.00 Little Artist 10.00 - 11.00 T-Shirt Painting <b>*Price 450++</b> 13.00 - 14.00 Crown Making 14.00 - 15.00 Cap Painting <b>*Price 300++</b> 15.00 - 16.00 Sand Castle	08.10 - 09.00 Sunrise Beach Yoga (maximum 6 pax) 15.10 - 16.00 Muay Thai Boxing Introduction (maximum 6 pax) 16.30 - 17.30 Beach Volleyball	Fitness Center Fitness Center  Beach Hut	10.00 - 11.00 T-Shirt Painting <b>*Price 450++</b> 16.30 - 17.30 Beach Volleyball	Kid's Club Beach Hut
<b>TUESDAY</b>	09.00 - 10.00 Bird Making 10.00 - 11.00 Bag Painting <b>*Price 250++/400++</b> 13.00 - 14.00 Easy Origami 14.00 - 15.00 Pizza Making <b>*Price 750++</b> 15.00 - 16.00 Beach Kite Flying	08.10 - 09.00 Morning Jogging 14.10 - 15.00 Full Body Stretching (maximum 6 pax) 16.30 - 17.30 Beach Flying Kite	Fitness Center Fitness Center Beach Hut	10.00 - 11.00 Bag Painting <b>*Price 250++ / 400++</b> 13.00 - 14.00 Easy Origami	Kid's Club Kid's Club
<b>WEDNESDAY</b>	09.00 - 10.00 Leaf Painting 10.00 - 11.00 Fan Painting <b>*Price 350++</b> 13.00 - 14.00 Card Creation 14.00 - 15.00 Cupcake Decoration <b>*Price 450++</b> 15.00 - 16.00 Paper Weaving	08.10 - 09.00 Yoga For Beginner (maximum 6 pax) 15.10 - 16.00 Muay Thai Boxing Introduction (maximum 6 pax) 16.30 - 17.30 Beach Soccer	Fitness Center Fitness Center  Beach Hut	10.00 - 11.00 Fan Painting <b>*Price 350++</b> 16.30 - 17.30 Beach Soccer	Kid's Club Beach Hut
<b>THURSDAY</b>	09.00 - 10.00 Mask Making 10.00 - 11.00 Umbrella Painting <b>*Price 450++/500++</b> 13.00 - 14.00 Flower Making 14.00 - 15.00 Canvas Painting <b>*Price 250++</b> 15.00 - 16.00 Towel Folding	08.10 - 09.00 Yoga For Beginner (maximum 6 pax) 14.10 - 15.00 Abdominal Workout (maximum 6 pax) 16.30 - 17.30 Beach Circuit Training (maximum 6 pax)	Fitness Center Fitness Center Fitness Center	10.00 - 11.00 Umbrella Painting <b>*Price 450++</b> 16.00 - 17.00 Towel Folding	Kid's Club Kid's Club
<b>FRIDAY</b>	09.00 - 10.00 Batik T-Shirt Painting <b>*Price 450++</b> 10.00 - 11.00 Coconut Leave Weaving 13.00 - 14.00 Handkerchief Batik Painting <b>*Price 400++ / 500++</b> 14.00 - 15.00 Thai Language and Fun Game 15.00 - 16.00 Thai Dessert Making <b>*Price 400++</b>	08.10 - 09.00 Yoga For Beginner (maximum 6 pax) 15.10 - 16.00 Muay Thai Boxing Introduction (maximum 6 pax) 16.30 - 17.30 Beach Volleyball	Fitness Center Fitness Center  Beach Hut	09.00 - 10.00 Batik T-Shirt Painting <b>*Price 450++ / 500++</b> 16.30 - 17.30 Beach Volleyball	Kid's Club Beach Hut
<b>SATURDAY</b>	09.00 - 10.00 Monster Bookmark 10.00 - 11.00 Jelly Candle Making <b>*Price 450++/500++</b> 13.00 - 14.00 Mask Making 14.00 - 15.00 Bracelet Making & Necklace <b>*Price 250++/300++</b> 15.00 - 16.00 Game Competitions	08.10 - 09.00 Morning Jogging 15.10 - 16.00 Full Body Stretching (maximum 6 pax) 17.10 - 18.00 Sunset Yoga (maximum 6 pax)	Fitness Center Fitness Center Fitness Center	10.00 - 11.00 Monster Bookmark 14.00 - 15.00 Bracelet & Necklace Making <b>*Price 250++/300++</b>	Kid's Club Kid's Club

June, 2021

**24-hour booking in advance is recommended for all activities.**  
All prices are in Thai baht and subject to government tax and service charge.

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