

LAYA RESORT

PHUKET ISLAND

COMPLIMENTARY IN - HOUSE GUEST ACTIVITIES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------------------------------------|---------------------------------------|---|---------------------------------------|--------------------------------------|---|---------------------------------------|
| 07:30 | | CIRCUIT TRAINING @Heathclub | BEACH JOGGING @Heathclub | TOTAL STRETCHING @Heathclub | | BEACH JOGGING @Heathclub | CIRCUIT TRAINING @Heathclub |
| 10:00 | POOL CHAIRBALL @River pool | | | | POOL CHAIRBALL @River pool | | |
| 15:00 | | MOBILITY WORKOUT @Heathclub | | CIRCUIT TRAINING @Heathclub | | | MOBILITY WORKOUT @Heathclub |
| 17:00 | EASY YOGA @Heathclub | | POOL TREASURE HUNTING @River pool | | EASY YOGA @Heathclub | POOL TREASURE HUNTING @River pool | |

Do's

- Arrive 5-10 minutes early to prepare for class and ensure a timely start.
- Wear appropriate attire for the activity-athletic wear for Circuit Training and Mobility Workouts, swimwear for Pool Chair ball and Pool Treasure Hunting, and comfortable, stretchy clothing for Easy Yoga and Total Stretching.
- Sip water frequently to avoid dehydration.
- Use sunscreen for outdoor activities like Beach Jogging.
- Respect the space and equipment; return any used items to their proper place.
- Listen to your body and participate at your own pace and ability level.

Don'ts

- Don't bring glass containers or food into workout or pool areas.
- Avoid using mobile phones or causing distractions during classes.
- Don't enter classes more than 15 mins late as it can be disruptive.
- Don't use the fitness equipment without proper knowledge; ask for assistance if needed.
- Refrain from reserving equipment or spots for others who are not present.
- Don't leave personal belongings unattended.

The venue and program are subject to change based on weather conditions.