

EMERALD ACTIVITIES

Programs

	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
08:30 AM - 09:30 AM	Basic Yoga 200 THB AT FITNESS ROOM	Tai Chi Class AT FITNESS ROOM	Basic Yoga 200 THB AT FITNESS ROOM	Stretching Class AT FITNESS ROOM	Basic Yoga 200 THB AT FITNESS ROOM	Tai Chi Class AT FITNESS ROOM	Pilates Class 200 THB AT FITNESS ROOM
10:00 AM - 10:30 AM	Aqua Tai Chi AT CAVE BAR	Aqua Exercises AT CAVE BAR	Aqua Tai Chi AT CAVE BAR	Aqua Exercises AT CAVE BAR	Aqua Tai Chi AT CAVE BAR	Aqua Exercises AT CAVE BAR	Aqua Exercises AT CAVE BAR
02:00 PM - 03:00 PM	Swimming Class 700 THB AT CAVE BAR	Sport Massage 500 THB AT FITNESS ROOM	Fit Ball Exercises AT FITNESS	Swimming Class 700 THB AT CAVE BAR	Fit Ball Exercises AT FITNESS ROOM	Scooter Play Game 700 THB AT CAVE BAR	Stretching Class AT FITNESS ROOM
03:00 PM - 04:00 PM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM	Thai Boxing 500 THB AT FITNESS ROOM
04:00 PM - 05:00 PM	Basic Fire Show 500 THB AT FITNESS ROOM	Scooter Play Game 700 THB AT CAVE BAR	Basic Fire Show 500 THB AT FITNESS ROOM	Sport Massage 500 THB AT FITNESS ROOM	Pilates Class 200 THB AT FITNESS ROOM	Scooter Play Game 700 THB AT CAVE BAR	Basic Fire Show 500 THB AT FITNESS ROOM

FOR MORE INFORMATION
PLEASE CONTACT AT THE EMERALD CAMP

