

# Energy for life activities

Join us and enjoy our stimulating daily activities.  
Únete y disfruta de nuestras actividades diarias, pensadas para inspirarte.

MELIÀ  
PHUKET MAI KHAO  
THAILAND

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
07:00 - 08:00 am		<b>Hatha Yoga</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Power Jogging</b> At Mai Khao Beach Complimentary Maximum 6 pax		<b>Morning Full Body Stretching</b> At Beach Lawn Complimentary Maximum 6 pax		<b>Lake Bike Tour</b> Meet at Fitness THB 400+/person Maximum 4 pax
08:00 - 09:00 am	<b>Introduction to Muay Thai (Thai Boxing)</b> At Beach Lawn THB 400+/person Maximum 4 pax			<b>Gentle Yoga Flow</b> At Beach Lawn Complimentary Maximum 6 pax		<b>Mai Khao Energy Walk</b> At Beach Front Complimentary Maximum 6 pax	
10:00 - 11:00 am	<b>Unique Thai Culture</b> At Pearl Meeting Room Complimentary Maximum 6 pax	<b>Upcycled Bottle Painting</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Aqua Aerobic</b> At Luna Pool Complimentary Maximum 6 pax	<b>Coffee Painting on Paper</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Upcycled Bottle Painting</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Mai Khao Guided Bike Tour</b> Meet at Fitness THB 900+/person Maximum 4 pax	<b>Gentle Yoga Flow</b> At Beach Lawn Complimentary Maximum 6 pax
11:00 - 12:00 am					<b>Body Weight Workout</b> At Beach Lawn Complimentary Maximum 6 pax		
01:00 - 02:00 pm	<b>Coffee Painting on Paper</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Lake Bike Tour</b> Meet at Fitness THB 400+/person Maximum 4 pax	<b>Herbal Inhaler Making</b> At Pearl Meeting Room THB 150+/bottle Maximum 6 pax	<b>Mini Volleyball</b> At Beach Lawn Complimentary Maximum 6 pax	<b>DIY Nature-designed Handbag</b> At Beach Lawn THB 750+/ person Maximum 6 pax	<b>Art of Coconut Leave Folding</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Upcycled Bottle Painting</b> At Beach Lawn Complimentary Maximum 6 pax
03:00 - 04:00 pm	<b>LIIT Workout</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Body Weight Workout</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Introduction to Muay Thai (Thai Boxing)</b> At Beach Lawn THB 400+/person Maximum 4 pax	<b>Pilates on Mat</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Lake Bike Tour</b> Meet at Fitness THB 400+/person Maximum 4 pax	<b>Flower Hammering</b> At Beach Lawn Complimentary Maximum 6 pax	<b>Pilates on Mat</b> At Beach Lawn Complimentary Maximum 6 pax
05:00 - 06:00 pm				<b>Sunset Walk and Stretching</b> At Mai Khao Beach Complimentary Maximum 4 pax			

Energy for Life activities schedule is subject to change without prior notice due to unexpected changes in weather conditions.

## HIGHLIGHT ACTIVITIES

 <p><b>Singing bowl therapy</b> (60 mins)</p> <p>Private Class THB 4,200++ / class (maximum 2 pax)</p> <p>Join Class THB 900++ / pax / class (Minimum 4 pax / maximum 6 pax)</p>	 <p><b>Private Yoga</b> (60 mins)</p> <p>Private Class THB 3,600++ / class (maximum 2 pax)</p> <p>Join Class THB 900++ / pax / class (Minimum 4 pax / maximum 6 pax)</p>	 <p><b>Resort Bike</b></p> <p>Available 8:00 am - 6:00 pm, please contact our Guest Service (complimentary 2 hours)</p>	<p><b>BOOK YOUR CLASS</b></p> <p>Please dial '0' to our Guest Service Line to reserve 24 hours in advance to ensure availability of the activity and 48 hours in advance for any highlight activities and private classes.</p> <p><b>CANCELLATIONS</b></p> <p>A minimum of 12 hours before the scheduled class is required for all cancellations and no later than 8 pm. A 50% cancellation fee will be charged for cancellations made between 12 and 6 hours before the scheduled class, and the full amount will be charged if cancellations are made less than 6 hours before the class or for a no show.</p>
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