



GUEST ACTIVITIES

OUTRIGGER
KHAO LAK BEACH RESORT

monday

8-9 AM

YOGA

Towel Cabana - Main Pool

A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.

4-5 PM

BEACH SOCCER*

Towel Cabana - Main Pool

Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.

tuesday

8-9 AM

BASIC THAI BOXING

Towel Cabana - Main Pool

An experience not to be missed while in Thailand. Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear are provided.

4-5 PM

BEACH VOLLEYBALL*

Towel Cabana - Main Pool

The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.

wednesday

8-9 AM

YOGA

Towel Cabana - Main Pool

A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.

wednesday

4-5 PM

BEACH SOCCER*

Towel Cabana - Main Pool

Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.

thursday

8-9 AM

STRETCHING CLASS

Towel Cabana - Main Pool

Improve flexibility of your joints, muscle control and a range of motion.

4-5 PM

BEACH VOLLEYBALL*

Towel Cabana - Main Pool

The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.

friday

8-9 AM

BASIC THAI BOXING

Towel Cabana - Main Pool

An experience not to be missed while in Thailand. Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear are provided.

4-5 PM

BEACH SOCCER*

Towel Cabana - Main Pool

Kick the ball in the sand and enjoy a friendly game of beach soccer with our recreational team. All ages are welcome to join.

saturday

8-9 AM

YOGA

Towel Cabana - Main Pool

A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.

4-5 PM

BEACH VOLLEYBALL*

Towel Cabana - Main Pool

The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.

sunday

8-9 AM

BASIC THAI BOXING

Towel Cabana - Main Pool

An experience not to be missed while in Thailand. Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gear are provided.

4-5 PM

BEACH VOLLEYBALL*

Towel Cabana - Main Pool

The soft beach sand and pristine ocean background creates the perfect grounds for a competitive and fun volleyball game against our recreational team.



Scan the QR Code to book activities

- Activities are subject to change.
- Activities marked with a * will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. In the event of rain, please call our front desk or check our "OutriggerKhaoLak" mobile application for updates.
- A one-day advance reservation is recommended.