

Guest Activities

OUTRIGGER

KOH SAMUI BEACH RESORT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9 AM	Morning Yoga* (Edgewater Beach Front Pool) <i>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</i>	Morning Stretching* (Edgewater Beach Front Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion. The perfect way to start the day.</i>	Beach Pilates* (Edgewater Beach Front Pool) <i>Precise moves and specific breathing techniques allow you to wind down for the day.</i>	Morning Meditation* (Edgewater Beach Front Pool) <i>Mind and body practice to increase calmness and physical relaxation, improving psychological balance and enhancing overall well-being.</i>	Morning Stretching* (Edgewater Beach Front Pool) <i>Improve flexibility of your joints whilst increasing muscle control and range of motion. The perfect way to start the day.</i>	Morning Yoga* (Edgewater Beach Front Pool) <i>A union of body, breath and mind. Better balance and flexibility are some of the great health benefits.</i>	Morning Meditation* (Edgewater Beach Front Pool) <i>Mind and body practice to increase calmness and physical relaxation, improving psychological balance and enhancing overall well-being.</i>
11-11:45 AM	Basic Thai Boxing** THB 350++ / person (Edgewater Beach Front Pool) <i>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 is provided.</i>	Social Table Tennis Competition (Games Room) <i>Grab your paddle and get ready to take on our Sport and Recreation team. All levels welcomed.</i>	Basic Thai Boxing** THB 350++ / person (Edgewater Beach Front Pool) <i>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 is provided.</i>	Pool Competition (Games Room) <i>Head down to our Games Room to take on our Sport and Recreation team in a social game of pool. All levels welcomed.</i>	Basic Thai Boxing** THB 350++ / person (Edgewater Beach Front Pool) <i>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 is provided.</i>	Air Hockey Competition (Games Rooms) <i>Play the only air hockey game in Koh Samui with our Sport and Recreation team. All levels welcomed.</i>	Basic Thai Boxing** THB 350++ / person (Edgewater Beach Front Pool) <i>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 is provided.</i>
2-3 PM	Batik Painting** THB 350++ / person (Games Room) <i>Learn the ancient technique of wax resist dyeing which is applied to a whole cloth. Very popular craft in Thailand and Indonesia.</i>	Canvas Painting** THB 350++ / person (Games Room) <i>Spend the afternoon getting in touch with your artist side.</i>	Batik Painting** THB 350++ / person (Games Room) <i>Learn the ancient technique of wax resist dyeing which is applied to a whole cloth. Very popular craft in Thailand and Indonesia.</i>	Canvas Painting** THB 350++ / person (Games Room) <i>Spend the afternoon getting in touch with your artist side.</i>	Batik Painting** THB 350++ / person (Games Room) <i>Learn the ancient technique of wax resist dyeing which is applied to a whole cloth. Very popular craft in Thailand and Indonesia.</i>	Canvas Painting** THB 350++ / person (Games Room) <i>Spend the afternoon getting in touch with your artist side.</i>	Batik Painting** THB 350++ / person (Games Room) <i>Learn the ancient technique of wax resist dyeing which is applied to a whole cloth. Very popular craft in Thailand and Indonesia.</i>
4-4:45 PM	Aerobic Dance* (Edgewater Beach Front Pool) <i>High tempo dance moves will keep you active this holiday.</i>	Beach Boot Camp* (Edgewater Beach Front Pool) <i>Interval workouts that combine a mix of endurance and strength based movements. Build your muscles and improve your cardiovascular strength.</i>	Beach Run* (Edgewater Beach Front Pool) <i>Join our Sport and Recreation team for a run along the beautiful beaches of Lamai. We will run at your pace. All levels welcomed.</i>	Aerobic Dance* (Edgewater Beach Front Pool) <i>High tempo dance moves will keep you active this holiday.</i>	Beach Boot Camp* (Edgewater Beach Front Pool) <i>Interval workouts that combine a mix of endurance and strength based movements. Build your muscles and improve your cardiovascular strength.</i>	Beach Run* (Edgewater Beach Front Pool) <i>Join our Sport and Recreation team for a run along the beautiful beaches of Lamai. We will run at your pace. All levels welcomed.</i>	Aerobic Dance* (Edgewater Beach Front Pool) <i>High tempo dance moves will keep you active this holiday.</i>
5-6 PM	Beach Volleyball / Beach Football* (Edgewater Beach Front Pool)						

* Activities will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. ** Activities with extra costs are subject to 10% service charge and 7% government tax. Activities are subject to change. Reservations can be made through our OutriggerKohSamui mobile application. Or please see our Front Office team.