



# GUEST ACTIVITIES

**OUTRIGGER**  
KHAO LAK BEACH

## 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 is 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 is 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  
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.



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.