

MOVE WELL ACTIVITIES MENU

MONDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	Yoga Introduction	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Thai Chess - Makruk	1 hour	Connect Lounge
03.00 p.m.	Beach Volleyball	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

TUESDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	Pilates-Beginner	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Thai Boxing - Beginner	1 hour	Westin WORKOUT®
03.00 p.m.	Beach Soccer	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

WEDNESDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	Beach Exercise	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Takraw	1 hour	Beach
03.00 p.m.	Beach Volleyball	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

THURSDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	Yoga Introduction	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool

* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Fit Body Boot Introduction	1 hour	Resort Lobby
03.00 p.m.	Beach Soccer	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

FRIDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	All Level Abdominal and Body Stretch	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Thai Wai	1 hour	Connect Lounge
03.00 p.m.	Beach Volleyball	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

SATURDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	TRX-Suspension Training	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Swimming Lesson	1 hour	Prego Pool
03.00 p.m.	Beach Soccer	30 minutes	Beach
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

SUNDAY

08.00 a.m.	RunWESTIN™	30 minutes	Resort Lobby
08.30 a.m.	Pilates-Beginner	30 minutes	Resort Lobby
10.00 a.m.	Aquacise	45 minutes	Horizon Pool
* 10.00 a.m.	Windsurf Lesson - Beginner (Max 4)	1 hour	Beach
02.00 p.m.	Snorkelling Introduction	1 hour	Prego Pool
03.00 p.m.	Pool Table Challenge	1 hour	Horizon Pool
* 04.00 p.m.	Westin Bike Experience (Max 4)	1 hour	Resort Lobby

TERMS & CONDITIONS

- Bike Rentals available, charged at THB 100++/ hour, THB 200++/ half day THB 300++/ full day per person.
- Kayak, Windsurfing and Paddle Board available free of charge for an hour.
- Activities are subject to availability.
- Activities are suitable for most fitness levels.

- For your safety, availability of water sports are subject to tide and weather conditions.
- Booking must be made 24 hours in advance.
- * Chargable activity, please contact guest service for more information.

To make a reservation or for any further assistance, dial "O" Service Express®