

Morning Run

A morning run in a tranquil setting of tropical lush gardens and cool sea breezes will definitely inspire your productivity for the day.

Morning Jogging

Jogging with your loved ones during a vacation will be definitely interesting. Our beautiful landscape and pristine sandy beach are ideal places to start your new day.

Yoga

This gently paced yoga class focuses on stretching and breathing exercises. This class is for beginners, and anyone is welcome to join.

Morning Stretching

Stretching as part of your daily routine can help you stay energized throughout the day.

Rock Climbing

Learn how to climb a wall, from easy to difficult levels.

Aqua Exercise

Dancing in the water is a great way to mix up a traditional cardio workout with the wondrous benefits of water with a fun and low-impact spin.

Boxing

If you want to focus on building lean muscles, improve core stability and boost cardiovascular health and feel more energized every day, then boxing is one of the best options for you.

Meditation Class

When we meditate, we inject far-reaching and long-lasting benefits into our lives. Meditation can lower stress levels, allow us to connect better, improve our focus and even allow us to be kinder to ourselves. Let us walk you through the basics in our new mindful guide on how to meditate.

Beach Volleyball

No beach holiday is complete without unleashing your competitive spirit with some beach volleyball!

Beach Football

Enjoy this team sport in our sandy beach. Break times have never seen such beautiful views!

Family Kite Flying

Fly kites with your family in a sandy beach area, and watch the romantic sunset.

Cardio Workout (Tae Bo, HIIT, Pilates)

Rev up your usual workout routine or create a new one with our selection of professionally curated cardio workouts! These will raise your heart rates to your target heart zone to burn the most fat and calories.

Beach Sand Biking

Biking on the sandy beach not only brings you joy, but also positive energy. Discover this fun exercise and the marvelous ocean view and tropical fresh air will bring you so much enjoyment.

Kayaking

Kayaking is a popular water sport. Have some fun while experiencing a relaxing and adventurous time with your friends and loved ones.

Bodyboarding

Conquer the waves with one of the easiest water sports that is a great introduction to our other water sports activities - such as stand-up paddleboarding.

Stand-up paddleboarding

There's so much more to paddleboarding than just doing the activity. Not only is it fun, but it's an experience your whole body can enjoy. Plus, it helps improve the state of your mind and body in a calm and soothing environment.

SCHEDULE OF DAILY RECREATIONAL ACTIVITIES



HYATT
REGENCY™

DANANG
RESORT & SPA

RECREATION ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
DAILY ACTIVITY SCHEDULE	06:45 - 07:15	Beachfront Meditation* 📍 Beach	Guided Morning Run* (Around The Resort) 📍 Lobby	Guided Morning Jog* (Around The Resort) 📍 Lobby	Beachfront Meditation* 📍 Beach	Guided Morning Run* (Around The Resort) 📍 Lobby	Beachfront Meditation* 📍 Beach	Guided Morning Jog* (Around The Resort) 📍 Lobby
	07:30 - 08:30	Morning Stretching 📍 Beach House Garden	Yoga 📍 Beach House Garden	Morning Stretching 📍 Beach House Garden	Yoga 📍 Beach House Garden	Morning Stretching 📍 Beach House Garden	Yoga 📍 Beach House Garden	Morning Stretching 📍 Beach House Garden
	09:00 - 10:00	Tae bo cardio 📍 Fitness Center	Kick boxing 📍 Fitness Center	HIIT Cardio 📍 Fitness Center	Tae bo cardio 📍 Fitness Center	Boxing Class 📍 Fitness Center	Kick boxing 📍 Fitness Center	HIIT Cardio 📍 Fitness Center
	14:00 - 15:00	Boxing Class 📍 Fitness Center	Aqua Exercise* 📍 Main Pool Kids Pasta Class (VND 150,000++) 📍 Green House	Meditation class 📍 Fitness Center	Aqua Exercise* 📍 Main Pool	Mocktail Class (VND 200,000++) 📍 Terrasse	Pilates Exercise 📍 Fitness Center	Meditation class 📍 Fitness Center
	15:00 - 16:00	Family Kite Flying* 📍 Beach Banh Xeo Class (VND 300,000++) 📍 Beach House	Volleyball* 📍 Beach	Family Kite Flying* 📍 Beach Coffee Class (VND 200,000++) 📍 Terrasse	Kids Pizza Class (VND 150,000++) 📍 Green House	Soccer* 📍 Beach	Family Kite Flying* 📍 Beach Cocktail Class (VND 450,000++) 📍 Terrasse	Aqua Exercise* 📍 Main Pool Springroll Class (VND 250,000++) 📍 Beach House
	16:30 - 17:30	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach	Beach Sandbiking* 📍 Beach
	18:30 - 20:00	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor	Movie Night 📍 Terrasse Outdoor
F&B PROMOTION	Green House	▪ Italian Buffet on Wednesday, from 6:00 PM to 9:30 PM. Serves pizza and pasta from 11:00 AM onwards.						
	Beach House	▪ BBQ Buffet on Thursday, from 6:00 PM to 9:30 PM.						
	Pool House	▪ BBQ Seafood Buffet on Saturday, from 6:00 PM to 9:30 PM.						
	Baguette	▪ Breakfast and lunch combos.						
	Terrasse & Baguette	▪ Happy Hour from 5:00 PM–7:00 PM at Terrasse and from 5:00 PM–6:00 PM at Baguette.						

- Personalized activities are available upon request including personal yoga classes for beginners, private boxing classes and water sports. They are subject to a fee.
- Beach soccer, beach volleyball and other water sport activities including body boarding, kayaking, and standup paddle boarding are available.

All activities are complimentary and limited; first come, first served basis.

* Family activities and all outdoor activities are subject to change due to weather conditions.

Please contact our beach attendant for balls, equipment and/or other services.