



DAILY RECREATIONAL ACTIVITIES

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.

Aqua Dance

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.

Beach Badminton

Come join us for a morning of fun and great badminton on the beach. Our complete setup with a beautiful backdrop of the sea and Son Tra peninsula is ready for all skill levels. Enjoy the fresh sea breeze and maintain your exercise routine.

RECREATION ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
From 06:45 to 07:15	Beachfront Meditation* Beach	Guided Morning Run* (Around The Resort) Lobby	Guided Morning Jog* (Around The Resort) Lobby	Beachfront Meditation* Beach	Guided Morning Jog* (Around The Resort) Lobby	Beachfront Meditation* Beach	Guided Morning Jog* (Around The Resort) Lobby
From 07:45 to 08:45	Morning Stretching Main Pool	Yoga Main Pool	Morning Stretching Main Pool	Yoga Main Pool	Morning Stretching Main Pool	Yoga Main Pool	Morning Stretching Main Pool
From 09:30 to 10:00	Tae Bo Cardio Fitness Center	Aqua Dance* Main Pool	HIIT Cardio Fitness Center	Aqua Dance* Main Pool	HIIT Cardio Fitness Center	Aqua Dance* Main Pool	Aqua Dance* Main Pool
From 13:45 to 14:45	Boxing Class Fitness Center	Tae Bo Cardio Fitness Center	Boxing Class Fitness Center	Tae Bo Cardio Fitness Center	Mocktail Class (VND 200,000++) Terrasse	Boxing Class Fitness Center	HIIT Cardio Fitness Center
From 15:00 to 16:00	Yoga Fitness Center	Kick boxing Fitness Center	Coffee Class (VND 200,000++) Terrasse	Kick Boxing Fitness Center	Family Kite Flying* Beach	Cocktail Class (VND 450,000++) Terrasse	Kick Boxing Fitness Center
From 16:30 to 17:30	Beach Sandbiking* Beach	Meditation* Main Pool	Family Kite Flying* Beach	Beach Sandbiking* Beach	Yoga Main pool	Family Kite Flying* Beach	Beach Sandbiking* Beach

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

For more information, please contact our Fitness Center at ext. 8570.

- Advance reservation for the Food & Beverage class is required. Please contact our Osteria al Mare team at ext. 8720.
- Personalized activities are available upon request including personal yoga classes for beginners, private boxing classes and swimming class. They are subject to a fee.

- Beach soccer, beach volleyball, badminton and other water sport activities including body boarding, kayaking, and standup paddle boarding are available and complimentary. Fins for stand-up paddle board are provided upon request. Please contact our beach attendant for balls, equipment and/or other services. Water sport activities are not available after 5:00PM.
- On rainy days, the venues for all activities, including Meditation, Morning stretching, and Yoga, will change to the fitness center.

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

Babysitting service is available upon request.