

Family 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 heartrates to your target heart zone to burn the most fat and calories.

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	08:30 - 09:30	Family yoga* 📍 Beach House Garden	Morning stretching* 📍 Beach House Garden	Rock climbing* 📍 Outdoor-Camp Hyatt	Family yoga* 📍 Beach House Garden	Morning stretching* 📍 Beach House Garden	Rock climbing* 📍 Outdoor-Camp Hyatt	Family yoga* 📍 Beach House Garden
	10:00 - 11:00	Tae bo cardio 📍 Fitness Center		HIIT cardio 📍 Fitness Center		Boxing Class 📍 Fitness Center	Kick boxing 📍 Fitness Center	HIIT cardio 📍 Fitness Center
	10:30 - 11:00		Aqua exercise* 📍 Main pool		Aqua exercise* 📍 Main pool			
	14:00 - 15:00	Boxing class 📍 Fitness Center	Kick boxing 📍 Fitness Center	Meditation class 📍 Fitness Center	Tae bo cardio 📍 Fitness Center	Pilates Exercise 📍 Fitness Center	Meditation class 📍 Fitness Center	Pilates Exercise 📍 Fitness Center
	16:00 - 17:00	Family kite flying* 📍 Beach	Volleyball* 📍 Beach	Family "forgotten" traditional Vietnamese game* 📍 Main Pool Garden	Soccer ball* 📍 Beach	Family kite flying* 📍 Beach	Aqua exercise* 📍 Main Pool	Aqua exercise* 📍 Main Pool
F&B PROMOTION	Green House	• Serves pizza and pasta from 11:00 AM onwards.						
	Pool House	• The beer bucket promotion includes five local beers. • The beer & snack combo includes a can of beer and a choice of mixed skewers or crispy baby shrimp.						
	Baguette	• Breakfast and lunch combos.						
	Terrasse & Baguette	• Happy Hour from 5:00 PM onwards at Terrasse and 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.