

Hyatt Regency Phuket Resort

16/12 Moo.6, Tambon Kamala, Phuket, Phuket, Thailand, 83150
hyattregencyphuket.com

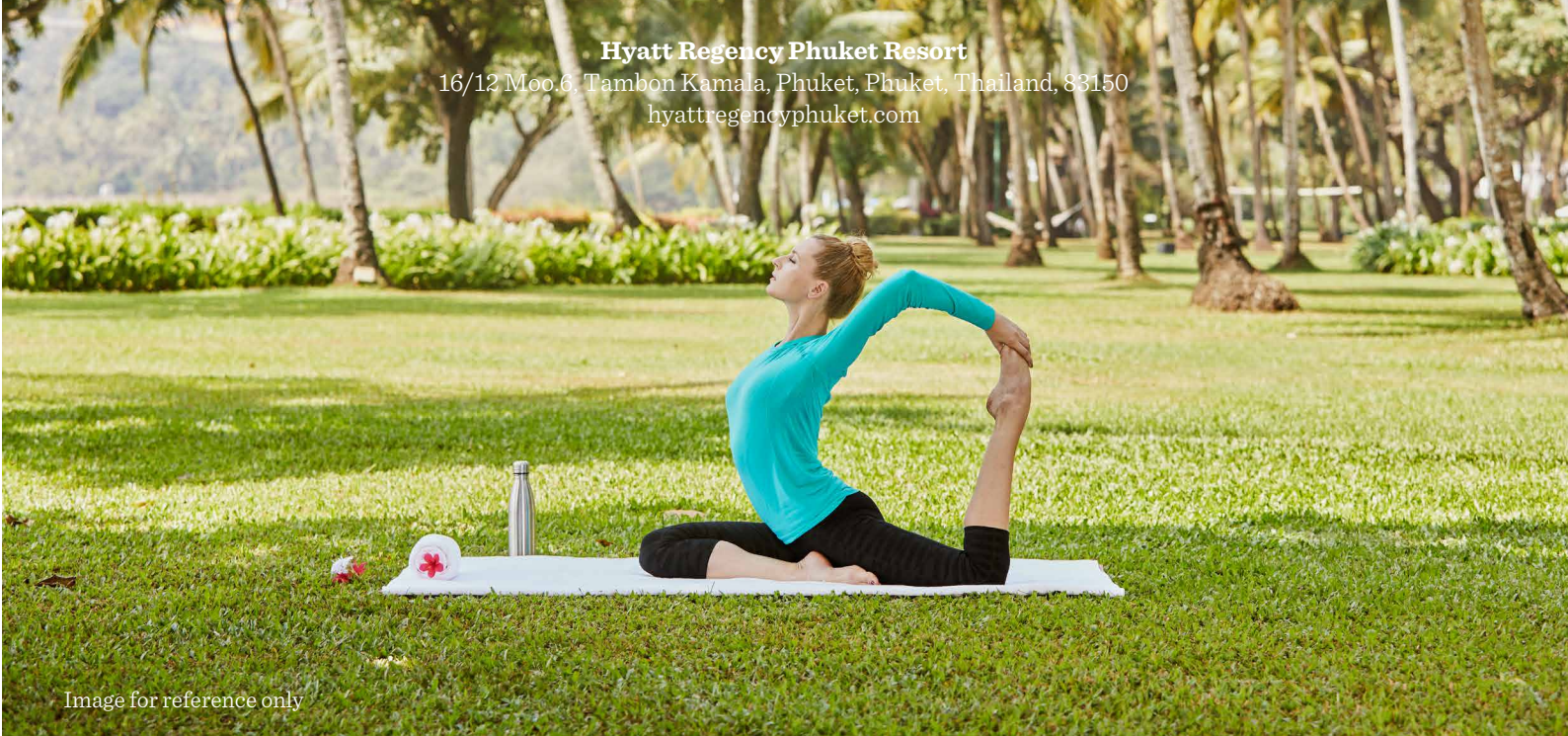


Image for reference only

DAILY ACTIVITIES

DAY/TIME ▸ ▼	7:00 - 7:45 a.m.	10:00 - 10:45 a.m.	02:00 - 02:45 p.m.	04:00 - 04:45 p.m.
MONDAY	Yoga (Fitness Center)	Arke Fit & Firm (Fitness Center)	Tai chi (Fitness Center)	Badminton (Kamala Lawn)
TUESDAY	Morning Run* (Pool)	Pilates (Fitness Center)	Muay Thai (Fitness Center)	Water Chair Ball (Pool)
WEDNESDAY	Boot Camp* (Pool)	Fun Body Stretching (Fitness Center)	Yoga (Fitness Center)	Arke Fit & Firm (Fitness Center)
THURSDAY	Tai chi* (Fitness Center)	Body Workout (Fitness Center)	Abs & Buns (Fitness Center)	Water Polo (Pool)
FRIDAY	Boot Camp* (Pool)	Muay Thai (Fitness Center)	Pilates (Fitness Center)	Badminton (Kamala Lawn)
SATURDAY	Morning Run* (Pool)	Yoga (Fitness Center)	Abs & Buns (Fitness Center)	Water Polo (Pool)
SUNDAY	Power Walk* (Pool)	Body Workout (Fitness Center)	Muay Thai (Fitness Center)	Water Chair Ball (Pool)

Remark: (*) activities will be cancelled subject to bad weather

- Please book your preferred activities one day in advance
- Please wear comfortable clothing to attend the activity
- Your presence is appreciated 5 minutes before the activity begins
- All activities are subject to availability
- For more information or if you would like to take part in any activity, please contact ext. 5400 or our Guest Service Center at ext. 0



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