



THE NAKA ISLAND
A LUXURY COLLECTION
RESORT & SPA
Phuket

THE NAKA ISLAND LUXURY COLLECTION RESORT & SPA PHUKET ACTIVITIES CALENDAR

DAY	TIME	ACTIVITY	LOCATION
MONDAY	9:00-10:00	Core Conditioning ●●	Muti Purpose Sala
	10:00-11:00	Stretching ●	Multi Purpose Sala
	11:00-12:00	Beach Ball	Beach
	15:00-16:00	Circuit Conditioning ●●	Gym
	16:00-17:00	Cartoon Painting	Pool
TUESDAY	9:00-10:00	NAKA Culture Walk ●	Pool
	10:00-11:00	Thai Boxing ●	Multi Purpose Sala
	11:00-12:00	Pe-Tongque	Pool
	15:00-16:00	Fit Ball Workout ●●	Gym
	16:00-17:00	Sand Pagoda	Beach
WEDNESDAY	9:00-10:00	Circuit Conditioning ●●	Gym
	10:00-11:00	NAKA Culture Walk ●	Pool
	11:30-12:00	Curry Class	Cuisine Cave
	15:00-16:00	Thai Boxing ●	Multi Purpose Sala
	16:00-17:00	Balloon Art	Pool
THURSDAY	9:00-10:00	TBB Workout ●	Gym
	10:00-11:00	Stretching ●	Multi Purpose Sala
	11:00-12:00	Ta Kor	Beach
	15:00-16:00	Core Conditioning ●●	Multi Purpose Sala
	16:00-17:00	Balloon Painting	Pool
FRIDAY	9:00-10:00	Thai Boxing ●	Multi Purpose Sala
	10:00-11:00	Stretching ●	Multi Purpose Sala
	11:00-12:00	Beach Volley Ball	Beach
	15:00-16:00	Fit Ball Workout ●●	Gym
	16:00-17:00	Kite Flying	Beach
SATURDAY	9:00-10:00	NAKA Culture Walk ●	Pool
	10:00-11:00	Stretching ●	Multi Purpose Sala
	11:00-12:00	Pe-Tongque	Beach
	15:00-16:00	Pastor Doll Painting	Pool
	16:00-17:00	Fit Ball Workout ●●	Gym
SUNDAY	9:00-10:00	TBB Workout ●	Gym
	10:00-11:00	Stretching ●	Multi Purpose Sala
	11:00-12:00	Foot Volley Ball	Beach
	15:00-16:00	Thai Boxing ●	Multi Purpose Sala
	16:00-17:00	Drawing	Pool