

COMPLIMENTARY RESORT ACTIVITIES



APRIL–JUNE 2022

MORNING ACTIVITIES



INTERCONTINENTAL®
PHUKET RESORT



MONDAY

8:00 – 9:00 hrs.

BEGINNER YOGA
@ Fitness Studio



TUESDAY

8:00 – 9:00 hrs.

BEACH ENERGY
@ Beach Front



WEDNESDAY

8:00 – 9:00 hrs.

ELASTIC EXERCISE
@ Fitness Studio



THURSDAY

8:00 – 9:00 hrs.

AERO BOXING DANCE
@ Fitness Studio



FRIDAY

8:00 – 9:00 hrs.

BEGINNER YOGA
@ Fitness Studio



SATURDAY

8:00 – 9:00 hrs.

PILATES EXERCISE
@ Fitness Studio



SUNDAY

8:00 – 9:00 hrs.

BIKE FOR FUN @ Starting Point at Planet Trekker
THB 250++ PER PERSON (Max 5 people)

*MORE INFORMATION PLEASE PRESS INSTANT SERVICE BUTTON ON YOUR ROOM PHONE.