

# RESORT ACTIVITIES SCHEDULE

**Day to Day Sea-gnature Activities**  
Check-out the tide table to pick your favorite!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Stay in shape and remain balanced with our morning Yoga session @Junction						
9am	Sabai Sabai Time @Seaside Pool						
10am	Private Thai Boxing @Beach THB1,000 [1][2]	Private Hiit Training @Beach THB1,000 [1][2]	Private Thai Boxing @Beach THB1,000 [1][2]	Private Hiit Training @Beach THB1,000 [1][2]	Private Thai Boxing @Beach THB1,000 [1][2]	Private Hiit Training @Beach THB1,000 [1][2]	Private Thai Boxing @Beach THB1,000 [1][2]
11am	Aqua Exercise @Seaside Pool						
2pm	Pool Table Tournament @The Junction [3]	Petanque Competition @Beach [3]	Mini Table Tennis Tournament @The Junction [3]	Thai Cooking Class @Tamarind THB3,500 [1][2]	Beach Badminton @Beach	Learning to Speak Thai @The Junction [3]	Cocktail Making Class @The Junction THB1,200 [1][2]
3pm <b>TEEN ONLY</b>	Reels Club @The Junction [3]	Sports Club @Beach	Science Club @Kids Club Science Lab THB500 [1][3]	Reels Club @The Junction [3]	Sports Club @Beach	Sports Club @Beach	Art Club @Kids Club Art Zone THB500 [1][3]
4pm	Karaoke Time @Entertainment Hub [3]	Beach Volleyball @Beach	Music Quiz @Entertainment Hub [3]	Beach Soccer @Beach	Beach Tennis @Beach	Movie Time @Entertainment Hub [3]	Beach Petanque @Beach



## Water Sport Activities

Sailing Catamaran Rental  
Private Sailing Lesson  
Standup Paddle Boarding  
Kayaking

THB500/hour  
THB1,000/hour  
Complimentary  
Complimentary

PULLMAN PHUKET PANWA BEACH RESORT  
PRESENTS

FUEANG FAA ROOM  
**ENTERTAINMENT HUB**



**MEETINGS**  
**MOVIES**  
**FUN SINGING**  
**PRIVATE PARTIES**

1. Price is per person
2. One day book in advance before 6pm
3. Sign up at least one day ahead — limited seats!