

LIFE IS A JOURNEY

RESORT WELLNESS AND LIFESTYLE ACTIVITIES



WELLNESS

Learn about longevity-boosting habits with BDMS Wellness Talks, unwind with a massage at The Market and rebalance with yoga in the garden.

FITNESS

Stay fit while on holidays with Core Abs and HIIT classes, fall in love with the art of Muay Thai and recover from a long flight with a stretching session.

EXPERIENCES

Catch a Thai puppet show by the pool, explore Bangkok's vibrant canals with a Khlong Guru and give alms to the monks to make merits.

WINE & DINE

Kick back with a Happy Hour cocktail, enjoy live music by the river and learn to make a classic Mai Thai.

Mon

CIRCUIT TRAINING*

7 am | 60 mins
Fitness Centre
Ground Floor

CORE ABS*

11 am | 60 mins
Fitness Centre
Ground Floor

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

SUNSET YOGA*

6 pm | 60 mins
Fitness Centre
Ground Floor

LIVE MUSIC

8 pm | 3 hours
Elephant Bar

Tue

AQUA AEROBICS*

7 am | 60 mins
Swimming Pool

MUAY THAI CLINIC*

11 am | 60 mins
Adult Only
Ground Floor
900++ per person
3 to 6 person
Min 3 pax
Max 6 pax

BDMS WELLNESS TALK*

2 pm | 60 mins
Gut Health and
Stress Management
BDMS Wellness
Retreat

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

SUNSET YOGA*

6 pm | 60 mins
Garden outside
Trader Vic's

ZUMBA*

6 pm | 60 mins
Fitness Centre
Ground Floor

LIVE MUSIC

8 pm | 3 hours
Elephant Bar

Wed

SUNRISE YOGA*

7 am | 60 mins
Grand Sala
Located near
the Gym & Pier
900++ per person
Min 3 pax

SPICE SPOON COOKING CLASS*

10 am | 2 hours
The Market
2,500++ per person
2 - 8 person

BODY WORKOUT*

11 am | 60 mins
Fitness Centre

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

Thu

AQUA AEROBICS*

7 am | 60 mins
Swimming Pool

BODY WORKOUT*

11 am | 60 mins
Fitness Centre

THAI HERBAL COMPRESS WORKSHOP*

2 pm | 60 mins
Anantara Spa
350++ per person
Min 3 pax

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

BENIHANA EGG TOSSING COMPETITION*

4 pm | 30 mins
For Kids
Riverside Plaza,
Level 3

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

SUNSET YOGA*

6 pm | 60 mins
Fitness Centre
Ground Floor

LIVE MUSIC

8 pm | 3 hours
Longtail by the River

Fri

GIVING AIMS TO MONKS

8.30 am | 30 mins
The Market

GENTLE STRETCHING*

11 am | 60 mins
Fitness Centre

THAI MASSAGE CLASS WORKSHOP*

2 pm | 60 mins
Anantara Spa
350++ per person
Min 3 pax

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

SUNSET YOGA*

6 pm | 60 mins
Fitness Centre
Ground Floor

LIVE MUSIC

8.30 pm | 3 hours
Longtail by the River

Sat

KLONG GURU*

11 am | 4 hours
3,000++ per person
Advance Booking
Required!
Meeting point at
Concierge Desk

BENIHANA SATURDAY BRUNCH

12 pm | 3 hours
Riverside Plaza,
Level 3

CIRCUIT TRAINING*

4 pm | 60 mins
Fitness Centre
Ground Floor

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

MAI TAI MAKING AT TRADER VIC'S*

5 pm | 45 mins
Trader Vic's

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

LIVE MUSIC

8 pm | 3 hours
Longtail by the River

Sun

SUNRISE YOGA*

7 am | 60 mins
Grand Sala
900++ per person
Min 3 pax

TRADER VIC'S BRUNCH

12 pm | 3 hours
Trader Vic's

HAPPY HOUR

4 pm | 2 hours
Elephant Bar,
Loy Nam Bar

ADULT TENNIS CLINIC*

5 pm | 60 mins
Tennis Court
900++ per person
Min 3 pax

SUNSET CLOSING CEREMONY

6 pm | 15 mins
Swimming Pool

All prices are subject to government tax and 10% service charge.

Advance booking is a must!
All activities (*) are bookable.

Group activities are required
minimum 3 participants.

Fitness private lesson
available upon request with
additional fees apply.

Cancellation of booked
activities less than 24 hours
prior will be charged at
100% of the activity rate.