

# SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am ☀️	8.00am to 9.00am	8.00am to 9.00am ☀️	8.00am to 9.00am	8.00am to 9.00am ☀️	8.00am to 9.00am	8.00am to 9.00am ☀️
Beach power walk Lobby	Hatha yoga COMO Shambhala Retreat	Beach power walk Lobby	Hatha yoga COMO Shambhala Retreat	Beach power walk Lobby	Hatha yoga COMO Shambhala Retreat	Beach power walk Lobby
9.00am to 11.00am ☀️	8.00am to 1.00pm ☀️	9.00am to 2.00pm ☀️	8.00am to 1.00pm ☀️	9.00am to 11.00am ☀️	9.00am to 2.00pm ☀️	8.00am to 1.00pm ☀️
Visit to the Gibbons Project and Bang Pae Waterfall THB 1,200 per person (Minimum of two people)	Snorkeling trip to Khai Island THB 2,500 per person (Minimum of four people)	Phuket Old Town tour THB 2,000 per person (Minimum of two people)	Snorkeling trip to Khai Island THB 2,500 per person (Minimum of four people)	Visit to the Gibbons Project and Bang Pae Waterfall THB 1,200 per person (Minimum of two people)	Phuket Old Town tour THB 2,000 per person (Minimum of two people)	Snorkeling trip to Khai Island THB 2,500 per person (Minimum of four people)
10.00am and 11.00am	10.00am and 11.00am	10.00am and 11.00am	10.00am and 11.00am	10.00am and 11.00am	10.00am and 11.00am	10.00am and 11.00am
Transfer to COMO Beach Club	Transfer to COMO Beach Club	Transfer to COMO Beach Club	Transfer to COMO Beach Club	Transfer to COMO Beach Club	Transfer to COMO Beach Club	Transfer to COMO Beach Club
* The timing for the beach excursion is very dependent on the tide and local weather conditions. Please check with our Guest Services team for the daily schedule						
12.00pm to 2.00pm	12.00pm to 2.00pm	12.00pm to 2.00pm	12.00pm to 2.00pm	12.00pm to 2.00pm	12.00pm to 2.00pm	12.00pm to 2.00pm
Thai cooking class Nahmyaa THB 2,200 per person (Minimum of two people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)	Thai cooking class Nahmyaa THB 2,200 per person (Minimum of four people)
3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm
Hatha yoga COMO Shambhala Retreat	Flower arranging class Lobby lounge	Hatha yoga COMO Shambhala Retreat	Hand garland making class Lobby lounge	Hatha yoga COMO Shambhala Retreat	Flower arranging class Lobby lounge	Hatha yoga COMO Shambhala Retreat
4.30pm to 5.30pm	4.30pm to 5.45pm ☀️	4.30pm to 5.30pm	4.30pm to 5.45pm ☀️	4.30pm to 5.30pm	4.30pm to 5.45pm ☀️	4.30pm to 5.30pm
Beginner's Thai kickboxing Lawn	Bike tour around Yamu village Lobby	Beginner's Thai kickboxing Lawn	Bike tour around Yamu village Lobby	Beginner's Thai kickboxing Lawn	Bike tour around Yamu village Lobby	Beginner's Thai kickboxing Lawn
	4.30pm to 7.30pm ☀️				4.30pm to 7.30pm ☀️	
	Sunset cruise THB 3,500 per person (Minimum of four people) (Maximum of 10 people)				Sunset cruise THB 3,500 per person (Minimum of four people) (Maximum of 10 people)	

Further information about each activity available on reverse page



Denotes weather permitting outdoor activities. This schedule is subject to immediate change.

# SCHEDULE OF DAILY ACTIVITIES

## BEACH POWER WALK

Start your day with an energising power walk along the beach front, with views across the mangrove forests. Sportswear and sport shoes are required.

## BEGINNER'S THAI KICKBOXING

Thai Boxing or Muay Thai, the national sport that combines kicking and punching-style motions in surprisingly artful displays. Maximum of eight guests per session. Sportswear required.

## BIKE TOUR AROUND YAMU VILLAGE

Cycle through a local Thai village and meet the residents, passing through a rubber plantation and pineapple field, as well as past Bang Sai beach and Yamu village. Maximum of 10 guests per expedition. Sportswear and sports shoes required.

## COMO BEACH CLUB

Join us at our private white-sand beach, a 40-minute transfer from COMO Point Yamu. You can relax on loungers beside the pool or ocean, visit the open-air restaurant and bar, and enjoy wellness treatments. For a more active day, you can try water sports including kayaking, paddle boarding and windsurfing, whilst children can take advantage of Play by COMO facilities.

## FLOWER ARRANGING CLASS

Join our flower arranging class and learn to fold lotus flowers in various styles. Maximum of 10 guests per session.

## HAND GARLAND MAKING CLASS

Learn how to make a Phuang Malai garland made of fresh jasmine flowers. Maximum of 10 guests per session.

## HATHA YOGA

Take part in a slower-paced yoga class that is focused on stretching and breath work, with no flow between poses. Maximum of 16 guests per session. Loose and comfortable clothing required.

## PHUKET OLD TOWN TOUR

Visit Old Phuket town, the must-see historical district of the city, including Wat Chalong and Big Buddha. Try the local flavours of Phuket cuisine for lunch (at your own expense).

## SNORKELING TRIP TO KHAİ ISLAND

Motoring out to the Khai Islands on a Thai long-tail boat from Yamu Pier takes about 45 minutes, visiting the idyllic atolls of Khai Nui and Khai Nok, circled by reefs teeming with clownfish, eels and giant clams.

## SUNSET CRUISE

A three-hour sunset cruise along Phang Nga Bay on our fully staffed motor boat, Capricorn II. Groups of up to 10 people can relax on the upper deck or in a saloon style galley as the boat glides through the water. Trip includes light canapés, soft drinks, beer and wine.

## THAI COOKING CLASS

Learn about Thai cuisine and cooking methods while becoming familiar with an array of fresh and exotic produce, including local herbs and spices. You will learn how to prepare four classic Thai dishes: pad Thai, tom yum, green curry and green papaya salad.

## VISIT TO THE GIBBONS PROJECT AND BANG PAE WATERFALL

The Gibbon Rehabilitation Project at Khao Phra Thaeo Wildlife Sanctuary was established to repopulate Phuket's rain forests with indigenous white-handed gibbons. Listen to the singsong sounds of these adorable apes then wander into the rainforest to cool off with a swim under Bang Pae waterfall. Sportswear and sport shoes required.

### POINTS TO NOTE

- Please arrive five minutes before the scheduled start time.
- As a courtesy to other guests you may not be allowed to join a class if you are more than 15 minutes late or if the class is oversubscribed.
- Outdoor activities are subject to weather conditions.
- Classes may be cancelled if there are no participants 15 minutes after the start time.
- Please wear suitable attire including appropriate footwear and bring sun protection for outdoor activities.
- If you are pregnant, please inform the teacher to discuss any special needs.
- Yoga classes are suitable for all guests age 16 years and above.

- COMO Beach Club located on Naka Island is open from 10.00am to 6.30pm daily.
- All classes are delivered with a group dynamic in mind. For more personal direction, please book a private session with our teachers. The feedback you receive from a private class will assist your progression to our group classes.
- The class schedule above is for all guests of COMO Point Yamu.
- Please contact Guest Services to book activities at least 24 hours in advance and are subject to availability.
- All activities on this menu are complimentary unless otherwise stated.
- Priced activities are subject to government tax and service charge.