



MÖVENPICK

RESORT WAVERLY PHU QUOC

Activities Program

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 Elements Fitness	Yoga & Meditation <i>Beach</i>	Tabata	Yoga & Meditation <i>Beach</i>	Tabata	Yoga & Meditation <i>Beach</i>	Tabata	Yoga & Meditation <i>Beach</i>
9:00 - 10:00 Elements Fitness	Stretching	Full Body Workout	Cardio	Stretching	Full Body Workout	Cardio	Stretching
10:00 - 11:00	★ Bag painting VND 400.000 <i>M-Lounge</i>	Yoga Lesson for Kids - 20mins <i>Elements Fitness Class</i>	★ Conical hat painting VND 300.000 <i>M-Lounge</i>	★ Macrame workshop VND 400.000 <i>M-Lounge</i>	★ Bag painting VND 400.000 <i>M-Lounge</i>	Yoga Lesson for Kids - 20mins <i>Elements Fitness Class</i>	★ Macrame workshop VND 400.000 <i>M-Lounge</i>
10:00 - 11:00 Hotel Main Pool	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000	★ Swimming Lessons VND 250.000
13:30 - 14:30 M-Lounge	★ Conical hat painting VND 300.000	★ Flower workshop VND 300.000	★ Macrame workshop VND 400.000	★ Conical hat painting VND 300.000	★ Flower workshop VND 300.000	★ Macrame workshop VND 400.000	★ Flower workshop VND 300.000
14:30 - 15:00 Hotel Main Pool	Darts Game	Petanque <i>Beach</i>	Archery	Darts Game	Petanque <i>Beach</i>	Archery	Darts Game
15:00 - 16:00	Billiard <i>M-Lounge</i>	Table tennis <i>Waverly lounge</i>	Billiard <i>M-Lounge</i>	Table tennis <i>Waverly lounge</i>	Billiard <i>M-Lounge</i>	Table tennis <i>Waverly lounge</i>	Billiard <i>M-Lounge</i>
15:30 - 16:30 Hotel Lobby	Chocolate Hour	Chocolate Hour	Chocolate Hour	Chocolate Hour	Chocolate Hour	Chocolate Hour	Chocolate Hour
16:00 - 16:30 Hotel Main Pool	Aqua Gym	Water Volleyball Game	Water Polo Game	Water Volleyball Game	Aqua Gym		Water Polo Game
17:00	Beach Volleyball	Beach Football	Beach Volleyball	Beach Football	Beach Volleyball	17:00 H2O Foam Party	17:30 Pirate Water Battle Zone
	★ Pre-Booking Beer Yoga (1 beer) VND 250.000 <i>Beach side</i>		★ Pre-Booking Beer Yoga (1 beer) VND 250.000 <i>Beach side</i>		★ Pre-Booking Beer Yoga (1 beer) VND 250.000 <i>Beach side</i>		



Chargeable and book at least 02 hours in advance. Cancelled fee is applied if guest cancel after 01 hour in advance. Activities are canceled if no booking after 20 minutes.

■ WELLNESS ELEMENT PACKAGE: VND 600.000/ PER (Yoga Therapy + Meditation Tea)

■ GYM OPERATION TIME: 5:00 - 22:00 at Elements Fintess