



AVANI+

Khao Lak

TEAM BUILDING

AVANIHOTELS.COM

	08:00-09:00 BEACH MOVE & FLOW	10:00-11:00 FUNCTIONAL BURN	13:00-14:00 THAI BOXING CLASS	14:00-15:00 CORE & POWER	15:00-16:00 CLIMBING TIME	16:00-17:00 BEACH CARDIO	17:00-18:00 SUNSET TEAM CHALLENGE	18:00-19:00 SUNSET SAND GAMES
MON	MORNING ENERGY YOGA	TRX FORCE	THAI BOXING CLASS	POWER LIFT CIRCUIT	OUTDOOR ROCK CLIMBING	BEACH JOGGING	THAI CULTURE CHALLENGE	BEACH VOLLEYBALL
TUE	FLOW STRETCH	CORE CRUSH		BALANCE CONTROL		PILATES	SQUID GAMES SURVIVAL	BEACH TEQBALL
WED	INNER PEACE YOGA	BOOTY & LEG BURN		DYNAMIC STRETCH		AEROBICS CLASS	ESCAPE THE ISLAND	BEACH FOOTBALL
THU	BREATHE & BALANCE	FUNCTIONAL FIT		HIIT WORKOUT		BOOT CAMP	PIRATE ADVENTURE	BEACH TEQBALL
FRI	YOGA BLOCKS	CIRCUIT TRAINING		LOWER BODY BURN		BALANCE & STRETCH	THAI CULTURE CHALLENGE	BEACH FOOTBALL
SAT	GENTLE FLOW YOGA	BAND FORCE		UPPER WORKOUT		HIIT CLASS	SQUID GAMES SURVIVAL	BEACH VOLLEYBALL
SUN	PILATES	CARDIO COMBAT		POWER STRETCH		HATHA YOGA	FINAL RESCUE MISSION	BEACH FOOTBALL

Remarks

- AvaniFit is open 24 Hr.
- If guests do not arrive within 15 minutes of the start time, their reservations will be automatically cancelled.
- Outdoor activities are weather-dependent and may be cancelled in case of poor weather.

- Private lessons are available upon request and are subject to a 10% service charge and 7% government tax.
- Advanced reservation are required for all activities.
- For more information or to make a reservation, please contact our AvaniFit team at '5951' or the Guest Service Center at '0', available 24 hours.



SQUID GAME

Join a fun and exciting version of Squid Game that encourages teamwork, communication, and quick thinking — all in a safe and enjoyable environment.

20 – 60 PAX

2 HOURS

ESCAPE THE ISLAND

Your team is stuck on a tropical island (our resort). To escape, you must complete fun survival games that test your strength, teamwork, and creativity.

20 – 60 PAX

2 HOURS





THAI CULTURE

Your team goes back in time to join a fun Thai village festival. To win the Village Cup, your team must play exciting and funny games from Thai tradition. Each game will test your balance, creativity, and teamwork.

20 – 60 PAX

2 HOURS

PIRATE ADVENTURE

Your team becomes a group of pirates on a fun adventure. To find the hidden treasure, you must complete exciting and funny pirate-themed games. Each game will test your teamwork, creativity, and problem-solving skills.

10 – 30 PAX

2 HOURS



Enhance your retreat with team-building add-on activities that inspire connection and collaboration.

From creative workshops to wellness sessions and exciting outdoor adventures, each experience is designed to strengthen bonds and create lasting memories by the sea.



YOGA FLOW



TAI CHI



MEDITATION & BREATHING



STRETCHING & RELAXATION



PILATES CORE STRENGTH



SEA/ POOL RELAXATION
weather dependent



SPORT BOOT CAMP



MINI GOLF



Type of game	Rate per person	Inclusions
Squid Game	900	- All the equipment you'll need for the activities - A professional trainer team on hand to guide and support - Refreshing water stations to keep you energized - Towel for your comfort
Thai Culture		
Classic Team Games		
Escape the Island		
Pirate Adventure		

Add ons

Type of game	Rate per person	Inclusions
Yoga Flow	150 (60 mins per session)	All of the above, plus 60 minutes of extra fun!
Tai Chi		
Meditation & Breathing		
Stretching & Relaxation		
Pilates Core Strength		
Sea/ Pool Relaxation		
Sport Boot Camp		
Mini Golf		

Remark:

- Prices are subject to tax and service charge.
- Minimum 20 pax



Thank you

 076 427 300

 avaniplus.khaolak@avanihotels.com

 www.avanihotels.com/en/khao-lak-phang-nga

AVANIHOTELS.COM