



GUEST ACTIVITIES

OUTRIGGER
SURIN BEACH RESORT

monday

8-9 AM
MORNING BEACH RUN*
Resort Lobby

Our host will accompany you on a run at your preferred pace and distance on Surin Beach.

10:30-11:30 AM
CORE EXERCISE
Fitness Studio

A low impact workout focusing on your abdominal and core muscles.

4-5 PM
THAI BOXING CLASS
Towel Cabana - Main Pool

An experience not to be missed while in Thailand. Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gears are provided.

tuesday

8-9 AM
YOGA CLASS
Towel Cabana - Main Pool

A union of body, breath and mind. Improved strength, better balance, flexibility are some of the great health benefits.

10:30-11:30 AM
ABS WORKOUT
Fitness Studio

A low impact workout focusing on your abdominal and core muscles.

4-5 PM
HIIT TRAINING
Fitness Studio

This challenging and heart-pumping training does not only help you boost endurance and strength, but also build muscles at the same time.

wednesday

8-9 AM
STRETCHING CLASS
Towel Cabana - Main Pool

Improve flexibility of your joints whilst increasing muscle control and range of motion.

10:30-11:30 AM
MAT PILATES
Fitness Studio

This exercise focuses on strengthening your core, improving flexibility, and finding balance. A low-impact workout is for all levels. Mats are provided.

4-5 PM
THAI BOXING CLASS
Towel Cabana - Main Pool

An experience not to be missed while in Thailand. Thai boxing is Thailand's national sport and is a form of martial arts with a combination of kicks and punches. Gloves and all protective gears are provided.

thursday

8-9 AM
BEACH YOGA*
Resort Lobby

Start your day with an uplifting morning yoga class on Surin beach. Improved strength, better balance, flexibility are some of the great health benefits.

10:30-11:30 AM
FUNCTIONAL LOWER BODY FIT
Fitness Studio

This exercise, building strength in your lower body, is great for overall core strength and shaping your lower extremities.

4-5 PM
FAT BURNING WORKOUT
Fitness Studio

Slim down and firm up with a whole body, interval workout designed to help you burn calories.

friday

8-9 AM
BEACH EXERCISE*
Resort Lobby

Challenging and fun in the sun. You will be doing a whole body, workout that builds strength and endurance on Surin Beach.

10:30-11:30 AM
MAT PILATES
Fitness Studio

This exercise focuses on strengthening your core, improving flexibility, and finding balance. A low-impact workout is for all levels. Mats are provided.

4-5 PM
FUNCTIONAL FULL BODY FIT
Fitness Studio

A functional workout which contains multi-joint movement patterns for the whole body. Build strength and improve your range of motion.



Scan the QR Code to book activities

- Activities are subject to change.
- Activities marked with a * will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. In the event of rain, please call our front desk or check our "OutriggerSurin" mobile application for updates.
- A one-day advance reservation is recommended.