

**SEA KAYAK**  
 พายเรือคายัค : 200 THB/HR.

**HOBIE BRAVO**  
 เรือใบ : 500 THB/HR.

**PADDLE BOARD**  
 แพดเดิลบอร์ด : 300 THB/HR.



**RADINN FREERIDE ELEMENT  
 JETBOARD RENTAL**

**1,250.-** (30 MINS./PERSON)  
 (Include Free Training)

**08.00 TILL 1800**

# WATER SPORT ACTIVITIES

DATE/TIME	08.15-09.00	10.00-11.00	12.00-13.00	14.00-15.00	16.00-16.45
MONDAY	Beach Jogging	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Beach Volleyball
TUESDAY	Beach Yoga	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Beach Soccer
WEDNESDAY	Stretching at Viewpoint	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Abdominal
THURSDAY	Bekken Yoga on The Beach	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Stretching at Viewpoint
FRIDAY	Band Glute Workout at GYM.	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Beach Yoga
SATURDAY	Morning Earthing Walking Exercise on The Beach.	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Pilates
SUNDAY	Beach Yoga	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Basic Thai Boxing 500.- Private Class 1,000.- (Maximum 4 persons)	Aqua Aerobic	Surf Fitness

## ACTIVITIES PRICE

### WATER SPORTS

(Operation Time 08:00-18.00 Hrs.)

- Kayak : 200 THB/1 hr./1-3 pax.
- Paddle Board : 300 THB/1 hr./1 pax.

### SURF BOARD

- For Rent : 300 THB/1 hr./1 pax.
- (Following Hour : 200 THB)

### SUP BOARD

- Basic SUP Surfing : 800 THB/1 hr./1 pax
- Basic SUP : 800 THB/1 hr./1 pax

### LA VELA BIKE RENTAL

(Operation Time 08:00-18.00 Hrs.)

- 2-6 Hrs. : 350 THB

### LA VELA BIKE JERSEY

- Top : 2,390 THB
- Bottom : 2,490 THB

**Basic Yoga, Pilates, Stretching and Abdominal** maximum for 6 persons per class.

**Surf Fitness** maximum for 4 persons per class.

## BEACH YOGA



**BASIC THAI BOXING**  
 (60 MINS./PERSON)  
 MAXIMUM 4 PERSONS

**500.-**

**BASIC THAI BOXING  
 PRIVATE CLASS**

**1,000.-** (60 MINS./PERSON)



The activities listed above have a duration of one hour and require a reservation to be made at least one day in advance.

We reserve the right to cancel or postpone a surf lesson due to weather/ Surf conditions or any unforeseen circumstances.



@Lavelakhaolak

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For more information and reservation, Please dial O or contact our Front Desk.