

## Animations of the week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginner of yoga</b> 8 am free of charge ** <b>SCUBA Try Dive</b> @ main pool 10.30-12.30pm free of charge **	<b>Hula Hoop Exercise</b> 8 am free of charge **	<b>Ti chi</b> 8 am free of charge ** <b>SCUBA Try Dive</b> @ main pool 10.30-12.30pm free of charge **	<b>Beginner of Yoga class</b> 8 am free of charge **	<b>Hula Hoop Exercise</b> 8 am free of charge ** <b>SCUBA Try Dive</b> @ main pool 10.30-12.30pm free of charge **	<b>Ti Chi</b> 8 am free of charge **	<b>Stretching &amp; ABS</b> 8 am free of charge **
<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge	<b>Table Tennis</b> 11am-2pm free of charge
<b>M 199 A La carte</b>  Enjoy food and drink in special A La Carte menu Please ask to see menu @ 199 nett per serving 1-5 pm	<b>Pasta pasta pasta @ main pool terrace</b> 1-3pm <b>THB 220 nett Pasta cook to your ingredients</b>	<b>M 199 A La carte</b>  Enjoy food and drink in special A La Carte menu Please ask to see menu @ 199 nett per serving 1-5 pm	<b>Pad Thai Traditional @ main pool terrace</b> 1-3pm <b>THB 220 nett Fried rice noodles and tamarind sauce with prawn or chicken</b>	<b>Buffet A La carte @ world Café</b> Lunch with us on a Buffet A La Carte menu With healthy salad bar and your favorite Dressing @ 299 nett per person, children only 180 12-2.30 pm	<b>Sandwich Plates @ main pool terrace</b> 1-3pm <b>THB 220 nett Choosing own favorites filling inside two slices of bread</b>	<b>M 199 A La carte</b>  Enjoy food and drink in special A La Carte menu Please ask to see menu @ 199 nett per serving 1-5 pm
<b>Mini Hand or Shoulder massage Demonstration</b> Main Pool by  2 pm **	<b>THAI cooking class</b> 12.30 pm THB 990 nett/person Special!! THB 1,900 nett/couple Included lunch, 1-day advanced reservation is required, Free market tour for a class of 6	<b>Mini Hand or Shoulder massage Demonstration</b> Main Pool by  2 pm **	<b>THAI cooking class</b> 12.30 pm THB 990 nett/person Special!! THB 1,900 nett/couple Included lunch, 1-day advanced reservation is required, Free market tour for a class of 6	<b>Mini Hand or Shoulder massage Demonstration</b> Main Pool by  2 pm **	<b>THAI cooking class</b> 12.30 pm THB 990 nett/person Special!! THB 1,900 nett/couple Included lunch, 1-day advanced reservation is required, Free market tour for a class of 6	<b>Fruit &amp; Vegetable Carving</b> 12.30 pm Free of Charge **
<b>THAI boxing</b> 4 pm THB 300 nett per person (join class, maximum 3 pax) or THB 500 nett per person (private lesson) Advance booking is recommended, please contact at Saturn Fitness Club or ext. 1330	<b>Napkin Folding</b> 3 pm free of charge ** <b>Water Yoga @ main pool</b> 3 pm Free of charge **	<b>THAI boxing</b> 4 pm THB 300 nett per person (join class, maximum 3 pax) or THB 500 nett per person (private lesson) Advance booking is recommended, please contact at Saturn Fitness Club or ext. 1330	<b>Aqua Aerobic @ main pool</b> 3 pm Free of charge **	<b>THAI boxing</b> 4 pm THB 300 nett per person (join class, maximum 3 pax) or THB 500 nett per person (private lesson) Advance booking is recommended, please contact at Saturn Fitness Club or ext. 1330	<b>Water Chair Ball</b> main pool 3 pm Free of charge **	<b>Aero Box</b> 4 pm free of charge ** <b>Napkin Folding</b> 3 pm free of charge **
<b>BUFFET A La Carte</b> @ 6.30 – 10 pm Dine with use on a Buffet A La Carte Menu With a special buffet of salad bar, mini pizza, fruit & cake @ 499 nett per person, children only 180	<b>CUISINE COLORS OF ASIA</b> @ Main Pool Terrace 6.30 – 10 pm Delight in our Eclatic Asian Cuisine Buffet Sushi & Sashimi "Tom Yam" Thai herbal soup demonstration reasonably priced @ 499 nett per person, children only 180	<b>Chef's special dishes</b> @ 6.30 – 10 pm Our Chef is pleased to offer the special main dish of the evening with complimentary salad and dessert Special !! offer to second main course ordered will receive 50% discount	<b>PASTA PARADE</b> @ Main pool terrace 6.30 – 10 pm We encourage you to join our International Buffet featuring personalized Pasta & Pizza presentations @ 499 nett per person, children only 180	<b>Chef's special dishes</b> @ 6.30 – 10 pm Our Chef is pleased to offer the special main dish of the evening with complimentary salad and dessert Special !! offer to second main course ordered will receive 50% discount	<b>BBQ' d Kebab</b> @ The Front Entrance 6.30 – 10 pm SENSATION SKEWERS BUFFET Seafood & meats Mexican Tago Caesar salad @ 499 nett per person, children only 180	<b>Noodles Market</b> @ 6.30 – 10 pm Unlimited noodles experience.. enjoy noodle soup, fried noodle and more noodles @ 330 nett per person, children only 180

\*\* No reservation requirement

Please contact our team at World Café restaurant or dial 1311 for dinner reservation.