

ACTIVITIES @ Mandarin Oriental 康乐活动

To make your stay more enjoyable, we have prepared a wide range of complimentary recreational activities and classes. All in-house guests are welcome to join and please note that 24-hour advance booking is required for certain classes. Private classes can also be arranged. Please call designated numbers listed in the table below for reservations and further information.

三亚文华东方酒店精心准备一系列免费康乐活动和课程。邀请所有住店客人参加。如需私人课程，将另外收取费用。请提前24小时预订您需要参加的课程。如需了解更多信息或预订课程，请致电活动时间表下方相应活动地点的分机号码。

Day 日期	Time 时间	FAMILY FUN 家庭活动 booking: ext. 6713 预订: 分机6713	WELLNESS 养生项目 booking: ext. 6706 预订: 分机6706	LEISURE 休闲活动 booking: ext. 0 预订: 分机0
Mon 星期一	Morning 上午	RC 11:00 - 12:00 Wii Olympic Games Wii奥林匹克游戏	YS 08:30 - 09:30 Yoga Balance 瑜伽平衡 TS 11:00 - 12:00 Introduction to Foot Massage 足部按摩介绍	
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动 RC 17:00 - 18:00 Pool Tournament 台球	YS 16:00 - 17:00 Dynamic Yoga 动态瑜伽	PK 15:00 Cooking Class: Baked Cheesecake 烤芝士饼
Tue 星期二	Morning 上午	RC 11:00 - 12:00 Table Tennis 乒乓球	YS 08:30 - 09:15 Meditation & Breathing 冥想和呼吸	
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动 B 17:00 - 18:00 Kite Flying 放风筝	RC 14:00 - 15:00 Indian Henna* 印度手绘* YS 16:00 - 17:00 Yoga Stretch 瑜伽拉伸	PK 15:00 Cooking Class: Hand Pulled Noodles - La Mian 拉面 B 16:30 - 17:30 Beach Volleyball 沙滩排球
Wed 星期三	Morning 上午	RC 11:00 - 12:00 Wii Olympic Games Wii奥林匹克游戏	YS 08:30 - 09:30 Shaolin Tai Chi 少林太极 TS 11:00 - 12:00 Introduction to Head and Shoulder Massage 头部及肩部按摩介绍	B 11:00 - 12:00 Bocca 室外地滚球
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动 TC 17:00 - 18:00 Family Tennis 家庭网球比赛	FC 16:00 - 17:00 Kinesis Training 健身墙指导 RC Shaolin Tea Ceremony* 少林禅茶*	PK 15:00 Cooking Class: Hainan 'Wen Chang' Chicken Rice* 海南“文昌”鸡饭* AP 15:00 - 16:00 Trial Scuba Diving 潜水体验 B 17:00 - 18:00 Beach Volleyball 沙滩排球
Thu 星期四	Morning 上午	RC 11:00 - 12:00 Pool 台球	YS 08:30 - 09:30 Shaolin Kung Fu 少林功夫	AP 11:00 - 12:00 Swimming Lesson 游泳课程
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动	FC 16:00 - 17:00 Kinesis Training 健身墙指导 RC Shaolin Tea Ceremony* 少林禅茶*	PK 15:00 Cooking Class: Murgli dosa, Indian filled chicken pancake 印度鸡肉豆腐煎饼 AP 16:00 - 17:00 Water Polo 水球
Fri 星期五	Morning 上午	RC 11:00 - 12:00 Table Tennis 乒乓球	YS 08:30 - 09:30 Shaolin Tai Chi 少林太极 TS 11:00 - 12:00 Introduction in How to Spa at home 家庭SPA介绍	B 11:00 - 12:00 Beach Tennis 沙滩网球
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动 B 17:00 - 18:00 Kite Flying 放风筝	RC 15:00 - 15:30 Indian Henna* 印度手绘* YS 16:00 - 17:00 Meditation & Breathing 冥想和呼吸 RC Shaolin Tea Ceremony* 少林禅茶*	YS 15:00 Cooking Class: Home made barbecued pork buns 叉烧包 AP 15:00 - 16:00 Trial Scuba Diving 潜水体验 B 17:00 - 18:30 Beach Volleyball 沙滩排球
Sat 星期六	Morning 上午	RC 11:00 - 12:00 Pool 台球	YS 08:30 - 09:30 Shaolin Tai Chi 少林太极 YS 11:00 - 12:00 Hatha Yoga 哈达瑜伽	AP 11:00 - 12:00 Swimming Lesson 游泳课程
	Afternoon 下午	AP 16:00 - 17:00 Family Kung Fu 家庭功夫 TC 17:00 - 18:00 Family Tennis 家庭网球比赛	RC Shaolin Tea Ceremony* 少林禅茶* YS 16:00 - 17:00 Family Kung Fu 家庭功夫 YS 17:00 - 18:00 Yoga Stretch 瑜伽拉伸	PK 15:00 Little Chef - Family cooking class 小厨师烹饪班 AP 16:00 - 17:00 Water Basketball 水上篮球
Sun 星期日	Morning 上午	RC 11:00 - 12:00 Table Tennis 乒乓球	YS 08:30 - 09:30 Aashanga Yoga 阿斯他加瑜伽 B 11:00 - 11:30 Family Kung Fu 家庭功夫 RC Shaolin Tea Ceremony* 少林禅茶*	B 11:00 - 12:00 Coconut bowling 椰子保龄球
	Afternoon 下午	AP 16:00 - 17:00 Family Water Fun 欢乐家庭水上活动 B 17:00 - 18:00 Family Soccer 家庭足球比赛	RC 15:00 - 15:30 Indian Henna* 印度手绘* FC 16:00 - 17:00 Kinesis Training 健身墙指导 YS 17:00 - 18:00 Shaolin Tai Chi 少林太极	PK 15:00 Cooking Class: Mediterranean fisherman's pot 地中海海鲜汤 B 17:00 - 18:30 Beach Volleyball 沙滩排球

* Shaolin Tea Ceremony, performed by our Shaolin Kung Fu Master, is available on request from Wednesday to Sunday at RMB 300 per class. 每周星期三至星期天少林功夫大师表演的少林禅茶-每人人民币300元, 每班最多3人。

* Indian Henna starts at RMB 150. 印度手绘 RMB 150。

Remarks for Culinary Activities 烹饪活动备注:

- Class size is limited to 10 persons. Learn and cook 1 dish per class. 2. 24-hour advance booking is required.
- Little Chef Club is for kids aged 6 or above. Kids aged 4-5 are welcome to join when accompanied by their parents or guardians.

*Hainan 'Wen Chang' Chicken Rice cover surcharge of RMB 50 applies to person respectively.

- 每班仅限十人, 每课时学习并烹饪一道菜。2. 所有烹饪课程需提前24小时预订。3. 我是小小厨师长课程欢迎6岁或6岁以上儿童参加, 4至5岁儿童参加该课程需有家长或监护人陪同。

*海南文昌鸡饭每位客人收费50元。

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| TS The Spa 水疗谷 | RC Recreation Centre 康乐中心 | TS Fitness Centre, 1/F Recreation Centre 康乐中心二楼, 健身房 | YS Yoga Studio, 1/F Recreation Centre 康乐中心二楼, 瑜伽室 | AP Activo Pool (Register at Towel Counter) Activo 泳池 (在毛巾站登记) |
| B Beach 沙滩 | FK Fresh Kitchen 海角轩厨房 | PK Pavilion Open Kitchen 水榭开放式厨房 | YS Yi Yang Chinese Kitchen 倚洋中餐厅厨房 | TC Tennis Court 网球场 |

* Activities are subject changes. 以上活动根据情况会有所调整。 *Changes of the scheduled will be posted at the postes stand. 活动日程调整会张贴在康乐中心公告栏。

* All prices listed above are subject to 15% service charge. 以上价格需另加收15%的服务费。