

TENNIS

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Tennis Guided Play	2 hrs	1	2	10	1 hour guided session, followed by 1 hour free & easy play.
Learning Curve • Tennis Basics	1 hr	1	2	6	Build confidence through grip, strokes and court fundamentals.
Learning Curve • Rally	1 hr	1	2	6	Develop control, consistency and longer rallies.
Learning Curve • Serve	1 hr	1	2	6	Explore serving technique, rhythm and placement.
Learning Curve • Net Play	1 hr	1	2	6	Develop volleys, positioning and confidence at the net.
Learning Curve • Footwork	1 hr	1	2	6	Improve movement, preparation and court recovery.
Tennis Cardio	1 hr	1	2	6	High-energy tennis drills combining movement and fitness.
AI Tennis Challenge	2 hrs	1	1	4	Train with programmed ball feeds, targets and challenges.

PICKLEBALL

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Pickleball Guided Play	2 hrs	1	2	10	1 hour guided session, followed by 1 hour free & easy play.
Learning Curve · Pickleball Basics	1 hr	1	2	6	Learn scoring, paddle control, strokes and positioning.
Learning Curve · Dinking	1 hr	1	2	6	Build touch, patience and control around the kitchen.
Learning Curve · Serve & Return	1 hr	1	2	6	Develop consistency from the opening shots.
Learning Curve · Third Shot	1 hr	1	2	6	Explore drops, drives and transition play.
Learning Curve · Court Positioning	1 hr	1	2	6	Learn movement, positioning and effective partner play.
Pickleball Social Play	1 hr	1	2	20	Relaxed, facilitated games with fellow guests.

DISCOVER

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Discover TYPTI	1 hr	1	2	20	A guided introduction to TYPTI followed by casual play.
Discover PaddleSmash	1 hr	1	4	4	Learn the basics, then enjoy an easy-going social game.
Bouldering Discovery	1 hr	1	4	6	An introduction to movement and basic bouldering techniques.

YOGA & MOVEMENT

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Morning Flow Yoga	1 hr	1	1	15	An energising flow to awaken the body.
Gentle Flow Yoga	1 hr	1	1	15	Slow, accessible movement for an easier pace.
Mobility Yoga	1 hr	1	1	15	Improve mobility, flexibility and range of motion.
Recovery Yoga	1 hr	1	1	15	Gentle movement designed to complement an active day.
Yin Yoga	1 hr	1	1	15	Longer-held poses for a slower, deeper practice.
Hatha Yoga	1 hr	1	1	15	Foundational postures paired with controlled breathing.
Vinyasa Flow	1 hr	1	1	15	Dynamic movement flowing with the breath.
Mat Pilates	1 hr	1	1	15	Build core strength, posture and controlled movement.
Core & Stability	1 hr	1	1	15	Develop balance, stability and functional strength.
Morning Mobility	1 hr	1	1	15	Stretch and mobilise the body for the day ahead.
Tai Chi in Nature	1 hr	1	1	15	Slow, intentional movement and breathing in nature.
Qigong	1 hr	1	1	15	Gentle movement, breath and mindful awareness.

NATURE & OUTDOOR

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Takun Forest Walk	Varies	1	1	10	Guided exploration through Takun's natural surroundings.
Mindful Forest Walk	Varies	1	1	Group	A slower walk centred around nature and awareness.
Takun Hill Jungle Trail	Varies	1-2*	1	10	A guided private trail into the landscape of Takun Hill.
Waterfall Discovery	Varies	1	1	10	Explore the surrounding forest and waterfall landscape.
Trail Run	Varies	1	1	10	A guided run through Takun's natural terrain.
Lawn & Leisure	Open	1	2	10	Cornhole, petanque, croquet, Kubbb, Molkky and other casual lawn games.

PRIVATE PLAY

PROGRAMME	DURATION	CREDITS	MIN	MAX	DESCRIPTION
Private Play • Tennis	1 hr	1 / player	2	6	Private court play. Minimum 2 participating guests / 2 credits to start one court.
Private Play • Pickleball	1 hr	1 / player	2	6	Private court play. Minimum 2 participating guests / 2 credits to start one court.

Private Play is subject to same-day availability only. No advance reservation through Programme Credits.

**Takun Hill Jungle Trail credit requirement remains subject to final programme confirmation.*