

Monday Sports, Leisure and Entertainment program

- 09:00 – 09:30 *Mobility stretching, meeting point at the Sports Village*
- 09:45 – 10:20 *Glass bottom boat, booking at boat house**
- 10:00–10:45 *Chess tournament*
- 11:15 – 11:45 *Aqua dance, meeting point at the main pool*
- 11:30 – 11:45 *Classe de cuisine au restaurant Kot Nou*
- 12:00 – 12:45 *Free trial dive in the pool*
- 12:45 –13:45 *Carrom sur la plage*
- 14:00 – 14:30 *Glass bottom boat trip, booking at boat house**
- 14:00 – 14:45 *Table tennis*
- 14:45– 15:45 *Snorkeling trip, booking at boat house**
- 15:00 – 15:45 *Beach volley competition*
- 15:30 – 16:00 *Otentik Discovery: kreol lesson, meeting point at the beach cabana*
- 17:15 –17:45 *Body Attack, meeting point at the Sports Village*
- 20:45 –22:45 *Duo electronic at the Pool Bar*
- 23:00 – 02:00 *Disco night at AFTER*

** Enfonction de la météo*

** Depending on weather forecast*

Tuesday Sports, Leisure and Entertainment program

- 09:00 – 09:30 *Cardio sculpt, meeting point at the Sports Village*
- 09:45 – 10:20 *Glass bottom boat, booking at boat house*
- 10:00–10:45 *Domino tournament*
- 11:15 – 11:45 *Aqua gym, meeting point at the main pool*
- 12:00 – 12:45 *Free trial dive in the pool*
- 12:45 –13:45 *Table tennis tournament*
- 14:00 – 14:30 *Glass bottom boat trip, booking at boat house**
- 14:00 – 14:45 *Tournoi de tennis volley*
- 14:45– 15:45 *Snorkeling trip, booking at boat house**
- 15:00 – 15:45 *Water polo in the pool*
- 15:30 – 16:00 *Traditional music, meeting point at the beach cabana*
- 17:15 –17:45 *Sunset yoga, meeting point at Sports village*
- 20:45 –22:45 *Dance music by our resident DJ at the Pool Bar*
- 21:00 – 21:30 *Mauritian traditional Sega show*
- 23:00 – 02:00 *Disco night at AFTER*

** Enfonction de la météo*

** Depending on weather forecast*

Wednesday Sports, Leisure and Entertainment program

- 09:00 – 09:30 *Functional training, meeting point at the Sports Village*
- 09:45 – 10:20 *Glass bottom boat, booking at boat house**
- 10:00–10:45 *Power walk*
- 11:15 – 11:45 *Aqua fitness, meeting point at the main pool*
- 11:30 – 12:00 *Make your own cocktail at the bar*
- 12:00 – 12:45 *Free trial dive in the pool*
- 12:45 –13:45 *Carrom – Meeting point on the beach*
- 14:00 – 14:30 *Glass bottom boat trip, booking at boat house**
- 14:00 – 14:45 *Traditional fishing*
- 14:45– 15:45 *Snorkeling trip, booking at boat house**
- 15:00 – 15:45 *Basketball – Meet us at the Sports village*
- 15:30 – 16:00 *Otentik Discovery: kreol lesson, meeting point at the beach cabana*
- 17:15 –17:45 *Core Workout, meeting point at the Sports Village*
- 20:45 –22:45 *Live band by “Kompoz to la muzik”*
- 23:00 – 02:00 *Disco night at AFTER*

** En fonction de la météo
* Depending on weather forecast*

Thursday Sports, Leisure and Entertainment program

- 09:00 – 09:30 *Stretching and relaxation, meeting point at the Sports Village*
- 09:45 – 10:20 *Glass bottom boat, booking at boat house**
- 10:00–10:45 *Creativity time*
- 11:15 – 11:45 *Aqua aerobics, meeting point at the main pool*
- 12:00 – 12:45 *Free trial dive in the pool*
- 12:45 –13:45 *Checkers tournament, meeting point on the beach*
- 14:00 – 14:30 *Glass bottom boat trip, booking at boat house**
- 14:45– 15:45 *Snorkeling trip, booking at boat house**
- 15:00 – 15:45 *Beach volley competition*
- 15:30 – 16:00 *Traditional music, meeting point at the beach cabana*
- 17:15 –17:45 *Circuit training, meeting point at the Sports village*
- 20:45 –22:45 *DJ on the dancefloor*
- 23:00 – 02:00 *Disco night at AFTER*

** Enfonction de la météo*

** Depending on weather forecast*

Friday Sports, Leisure and Entertainment program

- 09:00 – 09:30 Fitness session, meeting point at the Sports Village
- 09:45 – 10:20 Glass bottom boat, booking at boat house*
- 10:00–10:45 Table tennis tournament
- 11:15 – 11:45 Aqua fitness, meeting point at the main pool
- 11:30 – 12:15 Cuisine Otentik au restaurant Kot Nou
- 12:00 – 12:45 Free trial dive in the pool
- 14:00 – 14:30 Glass bottom boat trip, booking at boat house*
- 14:00 –14:45 Family sandcastle – Meeting point on the beach
- 14:45– 15:45 Snorkeling trip, booking at boat house*
- 15:00 – 15:45 Mini foot – Meet us at the Sports village
- 15:30 – 16:00 Otentik Discovery: kreol lesson, meeting point at the beach cabana
- 17:15 –17:45 Tai chi, meeting point at Sports village
- 20:45 – 22:45 Live band 'The Famous 3' at the Pool Bar
- 21:00 – 21:30 Show time on the dance floor
- 23:00 – 02:00 Disco night at AFTER

Enfonction de la météo

** Depending on weather forecast*

Saturday Sports, Leisure and Entertainment program

09:00 – 09:30 *Functional training, meeting point at the Sports Village*

09:45 – 10:20 *Glass bottom boat, booking at boat house**

10:00–10:45 *Carrom tournament*

11:15 – 11:45 *Aqua Aerobics, meeting point at the main pool*

12:45 –13:45 *Bocce ball – Meeting point on the beach*

14:00 – 14:30 *Glass bottom boat trip, booking at boat house**

14:00 – 14:45 *Kayak by the river*

14:45– 15:45 *Snorkelling trip, booking at boat house**

15:00 – 15:45 *Water polo – Meet us at the Sports village*

17:15 –17:45 *Bums & tums at the Sport village*

20:45 –22:45 *DJ night party*

21:00 – 21:30 *Show time on the dance floor*

23:00 – 02:00 *Disco night at AFTER*

** Enfonction de la météo*

** Depending on weather forecast*

Sunday Sports, Leisure and Entertainment program

09:00 – 09:30 *Stretching, meeting point at the Sports Village*

09:45 – 10:20 *Glass bottom boat, booking at boat house**

10:00–10:45 *Dart tournament*

11:15 – 11:45 *Aqua gym, meeting point at the main pool*

14:00 – 14:30 *Glass bottom boat trip, booking at boat house**

14:00 –14:45 *Bocce ball – Meeting point on the beach*

14:45– 15:45 *Snorkeling trip, booking at boat house**

15:00 – 15:45 *Beach volley – Meet us on the beach*

17:15 –17:45 *ABS, meeting point at the Sports village*

20:45 –22:45 *Live music by Eddy Fok Chan at the Pool Bar*

23:00 – 02:00 *Disco night at AFTER*

** Enfonction de la météo*

** Depending on weather forecast*