



WEEKLY PROGRAM

For all items marked with “ * ”, prior booking needs to be done at the Sports cabana from 09:30 to 18:00.

Conditions apply as per package booked and a supplement might be applicable. Feel free to ask for more information at the Beach cabana.

MONDAY

09:00 – 09:30	Mobility stretching - meeting point at the Sports Village
09:40 – 10:20	Glass bottom boat - booking at the boat house
10:00 – 10:45	Giant chess - meeting point at the Beach
11:30 – 12:00	Aqua dance - at the main pool
11:30 – 11:45	Cooking class - at Kot Nou restaurant
12:45 – 13:45	Creativity session
13:30 – 15:30	Games around the pool
14:00 – 14:30	Glass bottom boat trip - booking at the boat house
14:00 – 14:45	Bocce ball - on the beach
14:40 – 15:45	Snorkelling trip - booking at the boat house
15:00 – 15:45	Beach volley competition - on the beach
15:30 – 16:00	Otentik Discovery: Kreol lesson - meeting point at the beach cabana
17:00 – 17:45	Drop the coin - on the beach
17:15 – 17:45	Body Attack - at the Sports Village
18:45 – 19:30	Bingo - around the pool bar
21:00 – 22:45	Trio electronic by Andy and band - on the dancefloor
23:00 – 02:00	Disco night - at AFTER

TUESDAY

09:00 – 09:30	Cardio sculpts - meeting point at the Sports Village
09:40 – 10:20	Glass bottom boat - booking at the boathouse
10:00 – 10:45	Mini Olympic - on the Beach
11:30 – 12:00	Aqua Gym - at the main pool
12:00 – 12:30	Cocktail demonstration at pool bar
12:45 – 14:30	Bocce ball - on the beach
13:30 – 15:30	Games around the pool
14:00 – 14:30	Glass bottom boat trip - booking at the boat house
14:00 – 14:45	Kayak race - meeting point at the boathouse
14:40 – 15:45	Snorkelling trip - booking at the boat house
15:00 – 15:45	Ravenala Tennis tournament - meeting point at the Sports Village
15:30 – 16:00	Traditional music - on the beach
17:15 – 17:45	Sunset yoga - meeting point at the sport kiosk on the beach
20:45 – 22:45	Dance music by our resident DJ - on the dancefloor
21:00 – 21:30	Sega show - on the dancefloor
23:00 – 02:00	Disco night - at AFTER

WEDNESDAY

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| 09:00 – 09:30 | Functional training - meeting point at the Sports Village |
| 09:40 – 10:20 | Glass bottom boat - booking at the boat house |
| 10:00 – 10:45 | Health track - Meet us at the sport village |
| 11:30 – 12:00 | Aqua fitness - at the main pool |
| 13:30 – 15:30 | Games around the pool |
| 12:45 – 13:45 | Table tennis tournament - meet us at the game kiosk on the beach |
| 14:00 – 14:30 | Glass bottom boat trip - booking at the boat house |
| 14:00 – 14:45 | Sarong demonstration around the pool |
| 14:40 – 15:45 | Snorkelling trip - booking at the boat house |
| 15:00 – 15:45 | Basketball shooting challenge at the Sports Village |
| 15:30 – 16:00 | Otentik Discovery: Kreol lesson - at the beach cabana |
| 17:15 – 17:45 | Core Workout - at the Sports Village |
| 18:30 – 19:30 | Live piano - at Balcony bar |
| 21:00 – 21:45 | Live entertainment - on the dancefloor |
| 23:00 – 02:00 | Disco night - at AFTER |

THURSDAY

09:00 – 09:30	Stretching and relaxation - meeting point at the Sports Village
09:40 – 10:20	Glass bottom boat - booking at boat house
10:00 – 10:45	Nature discovery - meeting point at the Sports Village
11:30 – 12:00	Aqua aerobics at the main pool
12:15 – 12:45	Towel decoration at Sports cabana
12:45 – 13:30	Disc relay - meeting point on the beach
13:30 – 15:30	Games around the pool
14:00 – 14:30	Glass bottom boat trip - booking at boat house
14:40 – 15:45	Snorkelling trip - booking at boat house
15:00 – 15:45	Aqua Volley - meet us on the beach
15:30 – 16:00	Traditional music - meeting point at the beach cabana
17:00 – 17:45	Two tier bucket toss challenge - meet us on the beach
17:15 – 17:45	Circuit training - meeting point at the Sports Village
18:45 – 19:15	Quiz time around the pool bar
21:00 – 22:45	70's & 80's live band by Eddy Fok Chan - on the dancefloor
23:00 – 02:00	Disco night at AFTER

FRIDAY

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| 09:00 – 09:30 | Fitness session at the Sports Village |
| 09:40 – 10:20 | Glass bottom boat - booking at boat house |
| 10:00 – 10:45 | Jogging by the river |
| 11:30 – 12:00 | Aqua fitness at the main pool |
| 11:30 – 12:15 | Cuisine Otentik at restaurant Kot Nou |
| 13:30 – 15:30 | Games around the pool |
| 14:00 – 14:30 | Glass bottom boat trip - booking at boat house |
| 14:00 – 14:45 | Stand up paddle challenge - meeting point at the beach cabana |
| 14:40 – 15:45 | Snorkelling trip - booking at boat house |
| 15:00 – 15:45 | Mini foot - at the Sports Village |
| 15:30 – 16:00 | Otentik Discovery: kreol lesson - meeting point at the beach cabana |
| 17:15 – 17:45 | Sunset music and games - meeting point at the beach cabana |
| 17:15 – 17:45 | Tai chi on the Beach |
| 18:30 – 19:30 | Piano at Balcony bar |
| 21:00 – 21:30 | Show time on the dancefloor |
| 23:00 – 02:00 | Disco night at AFTER |

SATURDAY

09:00 – 09:30	Functional training at the Sports Village
09:40 – 10:20	Glass bottom boat, booking at boat house
10:00 – 10:45	Bocceball tournament on the beach
11:30 – 12:00	Aqua Aerobics at the main pool
12:45 – 13:45	Table tennis tournament on the beach
13:30 – 15:30	Games around the pool
14:00 – 14:30	Glass bottom boat trip, booking at boat house
14:40 – 15:45	Snorkelling trip, booking at boat house
15:00 – 15:45	Water polo at the pool
17:15 – 17:45	Bums & tums at the Sports Village
18:45 – 19:30	Guess the songs around the pool bar
20:45 – 22:45	DJ night party on the dancefloor
21:00 – 21:30	Show time on the dancefloor
23:00 – 02:00	Disco night at AFTER

SUNDAY

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| 09:00 – 09:30 | Stretching at the Sports Village |
| 09:40 – 10:20 | Glass bottom boat - booking at boat house |
| 10:00 – 10:45 | Tennis volley tournament on the beach |
| 11:30 – 12:00 | Aqua gym at the main pool |
| 13:30 – 15:30 | Games around the pool |
| 14:00 – 14:30 | Glass bottom boat trip - booking at boat house |
| 14:00 – 14:45 | Napkin decoration at the Sports cabana |
| 14:40 – 15:45 | Snorkelling trip - booking at boat house |
| 15:00 – 15:45 | Beach volley, meet us on the beach |
| 17:00 – 17:30 | Bottle Fishing challenge - meet us on the beach |
| 17:15 – 17:45 | ABS workout at the Sports Village |
| 18:30 – 19:30 | Piano at Balcony bar |
| 20:45 – 22:45 | Live entertainment on the dancefloor |
| 23:00 – 02:00 | Disco night at AFTER |