



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 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 boat house
- 14:00 – 14:45 Bocce ball* on the beach
- 14:40– 15:45 Snorkelling trip *booking at 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 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 – 14h30 Bocce ball on the beach
- 13:30 – 15:30 Games around the pool
- 14:00 – 14:30 Glass bottom boat trip * booking at boat house
- 14:00 – 14:45 Kayak race meeting point at boathouse
- 14:40– 15:45 Snorkelling trip * booking at 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

- 09:00 – 09:30 Functional training * meeting point at the Sports Village
- 09:40 – 10:20 Glass bottom boat * booking at 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 boat house
- 14:00 – 14:45 Sarong demonstration around the pool
- 14:40– 15:45 Snorkelling trip* booking at 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 au restaurant Kot Nou |
| 13:30 – 15:30 | Games around the pool |
| 14:00 – 14:30 | Glass bottom boat trip * booking at boathouse |
| 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 Sport village
- 18:45 – 19:30 Guests the songs around the pool bar
- 20:45 – 22:45 DJ night party on the dancefloor
- 21:00 – 21:30 Show time on the dance floor on the dancefloor
- 23:00 – 02:00 Disco night at AFTER

SUNDAY

- 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