



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 exercise at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Giant chess board game by the river * meet us at Entertainment Kiosk on the beach
- 11:30 – 12:00 Aqua dance* at the Main Pool
- 11:30 – 11:45 Otentik Cooking - Cooking class at Kot Nou restaurant
- 12:45 – 13:45 Creativity workshop * meet us at Entertainment Kiosk on the beach
- 13:30 – 15:30 Games around the pool
- 14:00 – 14:30 Glass bottom boat trip * Booking at Boathouse
- 14:00 – 14:45 Bocce ball Tournament on the beach * meet us at Entertainment Kiosk
- 14:40– 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Beach volley Tournament * meet us at Entertainment Kiosk on the beach
- 15:30 – 16:00 Otentik Discovery: kreol lesson – Creole language class at Entertainment Kiosk on the beach
- 17:00 – 17:45 Sunset Games * meet us at Entertainment Kiosk on the beach
- 17:15 – 17:45 Body Attack class at Sports village
- 18:45 – 19:30 Bingo games at Pool bar
- 21:00 – 22:45 Trio electronic music by Andy and band on the dancefloor at Pool bar
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

TUESDAY

- 09:00 – 09:30 Cardio sculpts at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Mini Olympic games * meet us at Entertainment Kiosk 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 Nature walk* meet us at Sport Village
- 13:30 – 15:30 Games around the pool
- 14:00 – 14:30 Glass bottom boat trip * Booking at Boathouse
- 14:00 – 14:45 Kayak race * Booking at Boathouse
- 14:40– 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Tennis Tournament at Sport Village
- 15:30 – 16:00 Otentik Music - Traditional music class *meet us at Entertainment Kiosk on the beach
- 17:15 –17:45 Sunset yoga * meet us at Entertainment Kiosk on the beach
- 20:45 –22:45 Dance music by our resident DJ on the dancefloor of Pool Bar
- 21:00 – 21:30 Séga dance and music show on the dancefloor of Pool Bar
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

WEDNESDAY

- 09:00 – 09:30 Functional training exercise at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Let do the Healthtrack - Meet us at Sport Village
- 11:30 – 12:00 Aqua fitness at the main pool
- 12:45 –13:45 Table tennis tournament *meet us at Entertainment Kiosk on the beach
- 14:00 – 14:30 Glass bottom boat trip* booking at Boathouse
- 14:00 – 14:45 Sarong tying demonstration - around Main Pool
- 14:40– 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Basketball shooting challenge at Sport Village
- 15:30 – 16:00 Otentik Discovery: kreol lesson – Creole language class at the Entertainment Kiosk on the beach
- 17:15 –17:45 Core Workout at Sports Village
- 18:30 -19:30 Live piano show at Balcony bar
- 21:00 –21:45 Live entertainment on the dancefloor of Pool Bar
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

THURSDAY

- 09:00 – 09:30 Stretching and relaxation exercises at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Nature discovery trip*meet us at Sport Village
- 11:30 – 12:00 Aqua aerobics at the Main Pool
- 12:15 – 12:45 Towel decoration demonstration at Entertainment kiosk on the beach
- 12:45 –13:45 Disc relay run*meet us at Entertainment Kiosk on the beach
- 14:00 – 14:30 Glass bottom boat trip * Booking at Boathouse
- 14:40 – 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Aqua Volley* meet us at Main Pool
- 15:30 – 16:00 Otentik Music - Traditional music class *meet us at Entertainment Kiosk on the beach
- 17:00 –17:45 Two tier bucket toss challenge * meet us at Entertainment kiosk on the beach
- 17:15 –17:45 Circuit training * meet us at Sports Village
- 18:45 – 19:15 Quiz games around the pool bar
- 21:00 –22:45 70's & 80's live music by Eddy Fok Chan and band on the dancefloor
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

FRIDAY

- 09:00 – 09:30 Fitness session at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Jogging along the river- meet us at Sport Village
- 11:30 – 12:00 Aqua fitness at the main pool
- 11:30 – 12:15 Otentik Cooking – cooking class at Kot Nou restaurant
- 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* meet us at Boathouse
- 14:40– 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Mini foot tournament at Sports village
- 15:30 – 16:00 Otentik Discovery: kreol lesson – Creole language class at the Entertainment Kiosk on the beach
- 17:15 – 17:45 Sunset music and games * meet us at Entertainment kiosk on the beach
- 17:15 – 17:45 Tai chi on the Beach * meet us at Entertainment kiosk
- 18:30 -19:30 Live piano show at Balcony bar
- 21:00 – 21:30 Show time on the dancefloor followed by DJ
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

SATURDAY

- 09:00 – 09:30 Functional exercise training at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00 – 10:45 Bocce ball tournament on the beach – meeting at Entertainment Kiosk
- 11:30 – 12:00 Aqua Aerobics * at the Main pool
- 12:45 – 13:45 Table tennis tournament on the beach – meeting at Entertainment Kiosk
- 13:30 – 15:30 Games around the pool
- 14:00 – 14:30 Glass bottom boat trip* Booking at Boathouse
- 14:40– 15:45 Snorkelling trip* Booking at Boathouse
- 15:00 – 15:45 Water polo tournament at the Main Pool
- 17:15 – 17:45 Bums & tums workout at Sport village
- 18:45 – 19:30 “Guess the songs” Game at Pool Bar
- 20:45 – 22:45 DJ night party on the dancefloor at Pool Bar
- 21:00 – 21:30 Musical show on the dance floor at Pool Bar
- 23:00 – 02:00 Disco night at AFTER (Adult-only)

SUNDAY

- 09:00 – 09:30 Stretching exercises at Sports Village
- 09:40 – 10:20 Glass bottom boat * Booking at Boathouse
- 10:00–10:45 Domino tournament on the beach * meet us at the Entertainment Kiosk
- 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 * Booking at Boathouse
- 14:00 – 14:45 Napkin decoration* Meet us at the Entertainment Kiosk on the beach
- 14:40 – 15:45 Snorkelling trip * Booking at Boathouse
- 15:00 – 15:45 Beach volley Tournament* Meet us at Entertainment Kiosk on the beach
- 17:00 – 17:30 Bottle Fishing challenge * Meet us at Entertainment Kiosk on the beach
- 17:15 – 17:45 ABS workout at Sports village
- 18:30 -19:30 Live piano show at Balcony bar
- 20:45 – 22:45 Live entertainment on the dancefloor of Pool Bar
- 23:00 – 02:00 Disco night at AFTER (Adult-only)