



Weekly program

Sport & Entertainment Program

Monday

09:00	Stretching session – Meeting at kid's club
11.00	Aqua gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16.00	Bocce ball at Vilaz Zilwa
16:30	Beach Volley – Meeting at the kid's club
17:00	Yoga on the beach –Meeting at entertainment cabana
20:30	Quartet Band at Siro Kann bar
21:00	Salsa initiation at Siro Kann bar

Tuesday

09:00	Guided bike tour – Visit to Goodlands – Meeting point at the kid's club
09.00	Pilates session – Meeting at the Kid's club
11.00	Aqua Gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Sega initiation at Vilaz Zilwa
16.00	Creole lesson at Vilaz Zilwa
16:30	Beach soccer – Meeting at the kid's club
18:30	Management Cocktail
21:00	Sega show at Siro Kann bar
21:00	StarGazing
21:40	Dj's Night at Siro Kann bar

Wednesday

09:00	Archery session – Next to tennis court.
10.30	Pilates session – Metting at the kid's club
11.00	Aqua Gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16:00	Bocce ball– Metting at Vilaz Zilwa
16:30	Beach soccer - Meeting at kid's club
17:00	Yoga session – meeting at the kid's club
20:30	Live band at Siro Kann bar
21:00	80's show at Siro Kann bar

Thursday

09:00	Stretching session – Meeting at the kid's club
11.00	Aqua Gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16.00	Creole lesson at Vilaz Zilwa
16:30	Beach volley – Meeting at the kid's club
17:00	Tai-Chi session – Meeting at the entertainment cabana
20:30	Quartet Band at Siro Kann bar
21:00	Cultural show at Siro Kann bar

Friday

09:00	Guided bike tour to Goodlands- Meeting at the kid's club
09.00	Archery session – Meeting point next to tennis court
11.00	Aqua gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16.00	Bocce ball at Vilaz Zilwa
16:30	Beach volley – Meeting at the Kid's club
20:30	Quartet band at Siro Kann bar

Saturday

09:00	Guided bike tour to the village of Cap Malheureux & MDC – Meeting at the kid's club
11.00	Aqua gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16.00	Creole lesson at Vilaz Zilwa
16.30	Beach soccer – Meeting at the kid's club
19:00	Apero game at Siro Kann bar
21:00	Belly dance at Siro Kann bar
21:40	Dj's night at Siro Kann bar

Sunday

09:00	Abdominal session – Meeting at the kid's club
11.00	Aqua gym at the main pool
13.30	Table tennis at Vilaz Zilwa
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at Vilaz Zilwa
16.00	Bocce ball at Vilaz Zilwa
16.30	Beach soccer – Meeting at the kid's club
20:30	Quartet band at Siro Kann bar
22:30	Dj's Night – 80's night