



Weekly program

**Teens Sport &
Entertainment Program**

Monday

09:00	Archery Session – Meeting next to tennis court
11.00	Aqua gym at the main pool
13.30	Table tennis at the entertainment cabana
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at the entertainment cabana
16.00	Bocce ball at the entertainment cabana
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 the entertainment cabana
- 14.30** Water Polo at the main pool
- 15.30** Sega initiation at the entertainment cabana
- 16.00** Creole lesson at the entertainment cabana
- 16:30** Beach soccer – Meeting at the kid's club
- 19:00** Management Cocktail near taba-j
- 21:00 =21:40** Sega show at Siro Kann bar
- 21:40 -23:00** Dj's Night at Siro Kann bar

Wednesday

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| 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 the entertainment cabana |
| 14.30 | Water Polo at the main pool |
| 15.30 | Mauritian traditional games at the entertainment cabana |
| 16:00 | Bocce ball– Meeting at the entertainment cabana |
| 16:30 | Beach soccer - Meeting at kid's club |
| 17:00 | Yoga session – meeting at the entertainment cabana |
| 20:30 -22:30 | Live band at Siro Kann bar |
| 21:00-22:00 | Magic show at Siro Kann bar |

Thursday

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| 09:00 | Stretching session – Meeting at the kid's club |
| 11.00 | Aqua Gym at the main pool |
| 13.30 | Table tennis at the entertainment cabana |
| 14.30 | Water Polo at the main pool |
| 15.30 | Mauritian traditional games at the entertainment cabana |
| 16.00 | Creole lesson at the entertainment cabana |
| 16:30 | Beach volley – Meeting at the kid's club |
| 17:00 | Tai-Chi session – Meeting at the entertainment cabana |
| 20:30-22:30 | Quartet Band at Siro Kann bar |
| 21:00-21:40 | Bollywood 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 the entertainment cabana
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at the entertainment cabana
16.00	Bocce ball at the entertainment cabana
16:30	Beach volley – Meeting at the Kid's club
20:30	Quartet band at Siro Kann bar

Saturday

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| 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 the entertainment cabana |
| 14.30 | Water Polo at the main pool |
| 15.30 | Mauritian traditional games at the entertainment cabana |
| 16.00 | Creole lesson at the entertainment cabana |
| 16.30 | Beach soccer – Meeting at the kid’s club |
| 19:00 | Apero game at Siro Kann bar |
| 21:00 -21:40 | Cultural Show at Siro Kann bar |
| 21:40-23:00 | 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 the entertainment cabana
14.30	Water Polo at the main pool
15.30	Mauritian traditional games at the entertainment cabana
16.00	Bocce ball at the entertainment cabana
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