



Weekly program

**Teens Sport &
Entertainment Program**

Monday

09:00	Archery session – 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
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

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| 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 |
| 19:00 | Management Cocktail |
| 21:00 | Sega show at Siro Kann bar |
| 21:40 | Dj’s Night at Siro Kann bar |

Wednesday

09:00	Archery session – Next to tennis court.
10.30	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	Mauritian traditional games at Vilaz Zilwa
16:00	Bocce ball– Meeting at Vilaz Zilwa
16:30	Beach soccer - Meeting at kid's club
17:00	Yoga session – meeting at the kid's club
20:30	Eddy Fok Shan at Siro Kann bar
21:00	80s 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	Bollywood show at Siro Kann bar

Friday

09:00	Guided bike tour – Visit to Goodlands – Meeting point 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	Led Show 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