

MONDAY

09:00-09:30 Cardio sculpts at Sport Village

11:15-11:45 Aqua fitness at the main pool

11:30-12:30 Cooking class at Kot Nou restaurant* - prior booking at Restaurant booking desk

13:45-14:30 Traditional music lesson on the beach - Venue: Entertainment Kiosk

14:30-15:00 Health track* - Meeting Point at Entertainment Kiosk

15:30-16:00 Bocce ball competition - Venue: Entertainment Kiosk

17:15-17:45 Mauritian Séga Dance Initiation – Venue: Entertainment Kiosk

20:45-21:30 African show on the Pool Bar dancefloor

21:30-23:00 DJ on the Pool Bar Dancefloor

23:00-02:00 Disco night at After (as from 16yrs)

TUESDAY

09:00-09:30 Stretching session at the Gym

11:30-12:00 Tie- Dye bag activity

14:30-15:00 Domino challenge - Venue: Entertainment Kiosk

14:30-15:00 Bootcamp Training at Sport Village

15:30-16:30 Aqua volley in kid's pool

17:00-17:45 Compétition de carrom – Lieu : Kiosque d'animation

17:00-17:45 Sunset yoga on the beach – Venue:Entertainment kiosk

18:30-19:30 Piano live at Balcony Bar

21:00-22:45 Live music on the Pool Bar Dancefloor

23:00-02:00 Disco night at After (as from 16yrs)

Wednesday

09:00-09:30 Bootcamp Training at Sport Village

11:15-12:00 Fitness dance in the Main pool

14:00-14:30 DIY workshop – Venue: Entertainment Kiosk

14:30-15:15 Kayak race by the river – Meeting point at Entertainment Kiosk

14:30 -15:45 Lower Body Training at Sport Village

15:00-15:45 Basketball shooting challenge at Sport Village

16:30-17:00 Walk around discovery around the hotel – Meeting Point at Entertainment Kiosk

16:30-17:00 Core workout at Sport Village

20:45-21:30 Sega show on the Pool Bar dancefloor

21:30-22:45 DJ on the Pool Bar Dancefloor

23:00-02:00 Disco night at After (as from 16yrs)

THURSDAY

- 09:00-09:30** Stretching session at Sport Village
- 11:15-11:45** Aqua fun at the main pool
- 14:30-15:00** Mauritian instrument demonstration on the beach - Venue: Entertainment Kiosk
- 14:30-15:00** Upper body training at Sport Village
- 15:30-16:00** Mauritian traditional games - Meeting Point at the Entertainment Kiosk
- 16:30-17:00** Circuit training at Sport Village
- 17:00-17:45** Beach volleyball - Venue: Entertainment Kiosk
- 21:00-22:45** Live music on the Pool Bar Dancefloor
- 23:00-02:00** Disco night at After (as from 16yrs)

FRIDAY

09:00-09:30 Cardio session at Sport Village

11:15-12:00 Free kick challenge on the beach – Venue: Entertainment Kiosk

11:30-12:30 Cooking class at Kot Nou restaurant* - prior booking at Restaurant booking desk

13:30-14:30 Carrom tournament on the beach – Venue: Entertainment Kiosk

14:30-15:00 Body weight at Sport Village

15:00-15:45 Rangoli design on the Pool Bar Dancefloor

16:30-17:00 Lower body training at Sport Village

16:30-17:30 Beach tennis – Venue: Entertainment Kiosk

17:15-17:45 Tai Chi by the riverside – Meeting point at Entertainment Kiosk

18:30-19:30 Piano live au Balcony Bar

20:45-21:30 Hawaiian show on the Pool Bar Dancefloor

20:45-21:30 Indian show on the Pool Bar Dancefloor

21:30-22:45 DJ on the Pool Bar Dancefloor

23:00- 02:00 Disco night at After (as from 16yrs)

SATURDAY

09:00-09:30 Cardio sculpts at Sport Village

11:15-11:45 Aqua dance at the main pool

13:30-14:00 Sand sculpture contest – Venue: Entertainment Kiosk

14:00-14:45 Kayak race by the river – Meeting point at Entertainment Kiosk

14:30-15:00 Circuit training at Sport Village

16:00-17:00 Creole lesson - meeting at Entertainment Kiosk

16:30-17:00 Body attack at Sport Village

17:00-17:45 Sunset beach volley – Venue: Entertainment Kiosk

20:45-21:30 Cultural show on the Pool Bar Dancefloor

21:30-22:45 DJ on the Pool Bar Dancefloor

23:00- 02:00 Disco night at After (as from 16yrs)

SUNDAY

09:00-09:30 Stretching session at Sport Village

11:30-12:30 Island Craft Studio: Make Your Own Pirogue –
Venue: Entertainment Kiosk

14:30-15:00 Domino challenge – Venue: Entertainment
Kiosk

14:30-15:00 Bootcamp training at Sport Village

15:30-16:30 Aqua volley in kid's pool

16:30-17:00 ABS workout at Sport Village

17:00-17:30 Bottle fishing challenge – Meeting point at
Entertainment Kiosk

18:30-19:30 Live piano at Balcony bar

20:00-22:45 Live music on the Pool Bar Dancefloor

23:00- 02:00 Disco night at After (as from 16yrs)