

## MONDAY

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|--------------------|---|
| <b>09:00-09:30</b> | Cardio sculpts at Sport Village   |
| <b>11:15-11:45</b> | Aqua fitness at the main pool   |
| <b>11:30-12:30</b> | Cooking class at Kot Nou restaurant* - prior booking at Restaurant booking desk |
| <b>13:45-14:30</b> | Traditional music lesson on the beach - Venue: Entertainment Kiosk              |
| <b>14:30-15:00</b> | Health track* - Meeting Point at Entertainment Kiosk                            |
| <b>15:30-16:00</b> | Bocce ball competition - Venue: Entertainment Kiosk                             |
| <b>17:15-17:45</b> | Mauritian Séga Dance Initiation – Venue: Entertainment Kiosk                    |
| <b>20:45–21:30</b> | African show on the Pool Bar dancefloor   |
| <b>21:30–23:00</b> | DJ on the Pool Bar Dancefloor   |
| <b>23:00–02:00</b> | Disco night at After (as from 16yrs)  |

## TUESDAY

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|--------------------|--|
| <b>09:00-09:30</b> | Stretching session at the Gym                        |
| <b>11:30-12:00</b> | Tie- Dye bag activity                                |
| <b>14:30-15:00</b> | Domino challenge - Venue: Entertainment Kiosk        |
| <b>14:30-15:00</b> | Bootcamp Training at Sport Village                   |
| <b>15:30-16:30</b> | Aqua volley in kid's pool                            |
| <b>17:00-17:45</b> | Compétition de carrom – Lieu : Kiosque d'animation   |
| <b>17:00-17:45</b> | Sunset yoga on the beach – Venue:Entertainment kiosk |
| <b>18:30-19:30</b> | Piano live at Balcony Bar                            |
| <b>21:00-22:45</b> | Live music on the Pool Bar Dancefloor                |
| <b>23:00-02:00</b> | Disco night at After (as from 16yrs)                 |

## Wednesday

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|---------------------|---|
| <b>09:00-09:30</b>  | Bootcamp Training at Sport Village  |
| <b>11:15-12:00</b>  | Fitness dance in the Main pool  |
| <b>14:00-14:30</b>  | DIY workshop – Venue: Entertainment Kiosk                                     |
| <b>14:30-15:15</b>  | Kayak race by the river – Meeting point at Entertainment Kiosk                |
| <b>14:30 -15:45</b> | Lower Body Training at Sport Village  |
| <b>15:00-15:45</b>  | Basketball shooting challenge at Sport Village                                |
| <b>16:30-17:00</b>  | Walk around discovery around the hotel – Meeting Point at Entertainment Kiosk |
| <b>16:30-17:00</b>  | Core workout at Sport Village   |
| <b>20:45-21:30</b>  | Sega show on the Pool Bar dancefloor  |
| <b>21:30–22:45</b>  | DJ on the Pool Bar Dancefloor   |
| <b>23:00-02:00</b>  | Disco night at After (as from 16yrs)  |

## THURSDAY

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

## FRIDAY

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|---------------------|--|
| <b>09:00-09:30</b>  | Cardio session at Sport Village  |
| <b>11:15-12:00</b>  | Free kick challenge on the beach – Venue: Entertainment Kiosk                  |
| <b>11:30-12:30</b>  | Cooking class at Kot Nou restaurant*- prior booking at Restaurant booking desk |
| <b>13:30-14:30</b>  | Carrom tournament on the beach – Venue: Entertainment Kiosk                    |
| <b>14:30-15:00</b>  | Body weight at Sport Village   |
| <b>15:00-15:45</b>  | Rangoli design on the Pool Bar Dancefloor                                      |
| <b>16:30-17:00</b>  | Lower body training at Sport Village   |
| <b>16:30-17:30</b>  | Beach tennis – Venue: Entertainment Kiosk                                      |
| <b>17:15-17:45</b>  | Tai Chi by the riverside – Meeting point at Entertainment Kiosk                |
| <b>18:30-19:30</b>  | Piano live au Balcony Bar  |
| <b>20:45-21:30</b>  | Hawaiian show on the Pool Bar Dancefloor                                       |
| <b>20:45-21:30</b>  | Indian show on the Pool Bar Dancefloor   |
| <b>21:30-22:45</b>  | DJ on the Pool Bar Dancefloor  |
| <b>23:00- 02:00</b> | Disco night at After (as from 16yrs)   |

# SATURDAY

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|---------------------|---|
| <b>09:00-09:30</b>  | Cardio sculpts at Sport Village                                   |
| <b>11:15-11:45</b>  | Aqua dance at the main pool                                       |
| <b>13:30-14:00</b>  | Sand sculpture contest – Venue:<br>Entertainment Kiosk            |
| <b>14:00-14:45</b>  | Kayak race by the river – Meeting point at<br>Entertainment Kiosk |
| <b>14:30-15:00</b>  | Circuit training at Sport Village                                 |
| <b>16:00-17:00</b>  | Creole lesson - meeting at Entertainment<br>Kiosk                 |
| <b>16:30-17:00</b>  | Body attack at Sport Village                                      |
| <b>17:00-17:45</b>  | Sunset beach volley – Venue: Entertainment<br>Kiosk               |
| <b>20:45–21:30</b>  | Cultural show on the Pool Bar Dancefloor                          |
| <b>21:30–22:45</b>  | DJ on the Pool Bar Dancefloor                                     |
| <b>23:00– 02:00</b> | 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)