



**Weekly program**

**Teens Sport &  
Entertainment Program**

# Monday

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|--------------|---|
| <b>09:30</b> | Archery session – Next to the tennis court              |
| <b>11:00</b> | Aqua gym at the main pool                               |
| <b>13:30</b> | Table tennis at the Entertainment Cabana                |
| <b>14:30</b> | Water Polo at the main pool                             |
| <b>15:30</b> | Mauritian traditional games at the Entertainment Cabana |
| <b>16:00</b> | Bocce ball at the Entertainment Cabana                  |
| <b>16:30</b> | Beach volley – Meeting at the kid's club                |
| <b>17:00</b> | Yoga on the beach – Meeting at the Entertainment Cabana |
| <b>20:30</b> | Quarter Band at Siro Kann bar                           |
| <b>21:00</b> | 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 |
| 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                                |
| 17:00 | Tai-chi session Meeting at Entertainment Cabana                         |
| 19:00 | Management Cocktail near Taba J   |
| 21:00 | Sega show at Siro Kann bar  |
| 21:00 | Stargazing near Kot Nou restaurant                                      |
| 21:40 | Dj's Night at Siro Kann bar   |

# Wednesday

09:00	Archery session – Next to the 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 soccer – Meeting at the kid's club
17:00	Yoga on the beach – Meeting at the Entertainment Cabana
20:30	Eddy Fok Shan at Siro Kan Bar
21:00	80's Show at Siro Kann bar

# Thursday

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|--------------|---|
| <b>09:00</b> | Stretching session – Meeting at the kid's club          |
| <b>11:00</b> | Aqua Gym at the main pool                               |
| <b>13:30</b> | Table tennis at the Entertainment Cabana                |
| <b>14:30</b> | Water Polo at the main pool                             |
| <b>15:30</b> | Mauritian traditional games at the Entertainment Cabana |
| <b>16:00</b> | Creole lesson at the Entertainment Cabana               |
| <b>16:30</b> | Beach volley – Meeting at the kid's club                |
| <b>17:00</b> | Tai-Chi session – Meeting at the Entertainment Cabana   |
| <b>20:30</b> | Bollywood show at Siro Kann bar                         |
| <b>21:00</b> | Quartet band at Siro Kann bar                           |

# Friday

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|--------------|---|
| <b>09:00</b> | Guided bike tour – Visit to Goodlands – Meeting point at the kid's club |
| <b>09:00</b> | Archery session – Meeting point next to the tennis court                |
| <b>11:00</b> | Aqua gym at the main pool   |
| <b>13:30</b> | Table tennis at the Entertainment Cabana                                |
| <b>14:30</b> | Water Polo at the main pool   |
| <b>15:30</b> | Mauritian traditional games at the Entertainment Cabana                 |
| <b>16:00</b> | Bocce ball at the entertainment cabana                                  |
| <b>16:30</b> | Beach volley – Meeting at the Kid's club                                |
| <b>17:00</b> | Yoga session - Meeting at the Entertainment Cabana                      |
| <b>20:30</b> | Quartet band at Siro Kann bar   |

# Saturday

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|--------------|---|
| <b>09:00</b> | Guided bike tour to Cap Malheureux and DMC (Meeting at the kids club) |
| <b>11.00</b> | Aqua gym at the main pool   |
| <b>13.30</b> | Table tennis at the Entertainment Cabana                              |
| <b>14.30</b> | Water Polo at the main pool   |
| <b>15:30</b> | Mauritian traditional games at the Entertainment Cabana               |
| <b>16:00</b> | Creole lesson at the Entertainment Cabana                             |
| <b>16:30</b> | Beach soccer – Meeting at the kid's club                              |
| <b>19:00</b> | Apero game at Siro Kann bar   |
| <b>21:00</b> | Belly dance show Show at Siro Kann bar                                |
| <b>21:40</b> | Dj's night at Siro Kann bar   |

# Sunday

<b>09:00</b>	Abdominal session – Meeting point at the kid's club
<b>11:00</b>	Aqua gym at the main pool
<b>13.30</b>	Table tennis at the Entertainment Cabana
<b>14.30</b>	Water Polo at the main pool
<b>15:30</b>	Mauritian traditional games at the Entertainment Cabana
<b>16:00</b>	Bocce ball at the Entertainment Cabana
<b>16:30</b>	Beach soccer - Meeting at the Kids Club
<b>20:30</b>	Quartet band at Siro Kann bar