



WEEKLY ENTERTAINMENT PROGRAMME

All items marked with “*”, prior booking needs to be done at least 24 hours in advance at the Sports Village, between 08:00 am and 07:30 pm.

Conditions apply as per package booked and a supplement might be applicable. Feel free to ask for more information at the Guest Experience Counter.

MONDAY

08:30 am	Power walk on the beach - Meeting point at the Lobby*
09:00 am	Morning stretch - Meeting point at the Sports village
11:00 am	Aqua Gym at the main pool
01:00 pm	Lower body workout- Meeting point at the Sports Village
02:00 pm	Pareo styling workshop near Pool Bar
03:00 pm	Basketball free-throw Competition at Sports Village*
04:00 pm	Beach volley competition on the Beach
04:00 pm	Core workout - Meeting point Sports Village
05:00 pm	Zumba Dance Class at Sport Village*
06:00 pm	Feel good session on the beach
07:30 pm	Enjoy live music with the New Jazz Orleans Group across our restaurants
08:30 pm	Indian show on the dancefloor
10:30 pm	DJ night at the Pool Bar
11:00 pm - 02:00 am	Disco night at After night club (as from 16yrs)

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TUESDAY

08:30 am	Warm up time*- Meeting point at the lobby
09:00 am	Body Weight workout at the Sports Village
11:00 am	Aqua Gym at the main pool
01:00 pm	Function training at Sports Village
02:00 pm	Protect our beach activity - Meeting point at the Pool Bar
03:00 pm	Mini soccer* at the Sports village
04:00 pm	Battle dance challenge- meeting point at the Pool Bar
04:00 pm	Bootcamp training at the Sports village*
05:30 pm	Yoga session*- Meeting point at the Entertainment Kiosk
06:30 pm	Live Piano Bar at the pool Bar
08:30 pm	Live music with our incredible duo at the Pool Bar
10:30 pm	DJ night at the Pool Bar
11:00 pm - 02:00 am	Disco night at After night club (as from 16yrs)

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Wednesday

08:30 am	Outdoor workout at the Health Track - Meeting point at the Lobby
09:00 am	Morning stretch - Meeting point at the Sport village
10:00 am	Aerobic workout at the Sports Village
11:00 am	Aqua Gym at the main pool
01:00 pm	Abs session workout at the Sports Village
03:00 pm	Sparring session* at the Sports village
02:00 pm	Learn creole basics at the Entertainment Kiosk
04:00 pm	Bocce Ball game- meeting point Entertainment kiosk
05:00 pm	Circuit workout at the Sports Village
06:00 pm	Beachside sega performance at Ō beach restaurant
07:30 pm	Live music with Jocelyn and Jess across our restaurants
08:30 pm	Steel Grooving band performance on the Dancefloor
10:30 pm	DJ night at the Pool Bar
11:00 pm - 02:00 am	Disco night at After night club (as from 16yrs)

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Thursday

08:30 am	Power walk on the beach* - Meeting point at the Lobby
09:00 am	Upper body training at the Sports Village
11:00 am	Aqua Gym at the main pool
02:00 pm	Mauritian Games - Meeting point at the Entertainment Kiosk
03:00 pm	Basketball free-throw competition at Sport Village
04:00 pm	Beach volley on the beach
04:00 pm	High intensity training- meeting point at the Sport village
05:00 pm	Archery session (supplement applies)*- Meeting point at the Sports Village
06:00 pm	Basic dance lesson on the Dancefloor
07:30 pm	Evening apéro & music at the Pool Bar
08:30 pm	Live music with Moya band at the Pool Bar
10:30 pm	DJ night at the Pool Bar
11:00pm - 02:00am	Disco night at After night club (as from 16yrs)

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Friday

08:30 am	Warm up session at the Sports village*
09:00 am	Functional fitness workout at the Sports village
11:00 am	Aqua Gym at the main pool
02:00 pm	Uno card game competition - meeting point at the Entertainment Kiosk
03:00 pm	Mini soccer* at the Sports village
04:00 pm	Build & race your boat - Meeting point at the Pool Bar
05:30 pm	Tai chi Session - Meeting point at the Pool Bar*
06:30 pm	Live Piano Bar at the pool Bar
07:30 pm	Lounge music at the Pool Bar
08:30 pm	Live music with Couleur Cafe band at the Pool Bar
10:30 pm	DJ night at the Pool Bar
11:00 pm - 02:00 am	Disco night at After night club (as from 16yrs)

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Saturday

08:30 am	Morning Jog - Meeting point at the Lobby
10:00 am	Zumba dance class - Meeting point at the Sports village
11:00 am	Aqua Gym at the main pool
01:00 pm	Upper body workout at the Sport village
02:00 pm	Domino game competition at the Entertainment Kiosk
03:00 pm	Mini Olympic games*
04:00 pm	Waterpolo game at the main pool
04:00 pm	Core workout at the Sports village
05:30 pm	Sparring session* at the Sports village
06:00 pm	Evening apéro & music at the Pool Bar
08:00 pm	Live music with A-Jents band at the Pool Bar
09:00 pm	Cultural performance on the Dancefloor
09:30 pm	Live music with A-Jents band at the Pool Bar
11:00 pm - 02:00 am	Disco night at After night club (as from 16yrs)

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Sunday

08:30 am	Outdoor workout at the Health Track - Meeting point at the Lobby
09:00 am	Body weight workout at the Sports village
11:00 am	Aqua Gym at the main pool
01:00 pm	High intensity training at the Sport village
02:00 pm	Indian Pool tournament at the Entertainment Kiosk
03:00 pm	Basketball free-throw competition at Sport Village
04:00 pm	Circuit workout at the Sports village
06:30 pm	Live Piano Bar at the pool Bar
08:30 pm	Live music with Nula Groove band at the Pool Bar
10:30 pm	DJ night at the Pool Bar
11:00pm - 02:00am	Disco night at After night club (as from 16yrs)

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