



Weekly program

**Teens Sport &
Entertainment Program**

Monday

09:00

Archery session – Next to the tennis court

10:00

Pilates session – Meeting at the kids club

11:00

Aqua gym at the main pool

13:30

Table tennis – Meeting at the Entertainment Cabana

14:30

Water polo at the main pool

15:30

Mauritian traditional games – Meeting at the Entertainment Cabana

16:00

Bocce ball – Meeting at the Entertainment Cabana

16:30

Beach volley – Meeting at the kid's club

17:00

Yoga session – Meeting at the Entertainment Cabana

Tuesday

- 09:00** Guided bike tour – Visit to Goodlands – Meeting at the kid’s club
- 10:00** Pilates session – Meeting at the kids club
- 11:00** Aqua Gym at the main pool
- 13:30** Table tennis - Meeting at the Entertainment Cabana
- 14:30** Water Polo at the main pool
- 15:30** Sega initiation - Meeting at the Entertainment Cabana
- 16:00** Creole lesson – Meeting at the Entertainment Cabana
- 16:30** Beach soccer – Meeting at the kid’s club
- 17:00** Tai-chi session - Meeting at Entertainment Cabana

Wednesday

- 09:00** Archery session – Next to the tennis court
- 11:00** Aqua gym at the main pool
- 13:30** Table tennis – Meeting at the Entertainment Cabana
- 14:30** Water Polo at the main pool
- 15:30** Mauritian traditional games – Meeting at the Entertainment Cabana
- 16:00** Bocce ball – Meeting at the Entertainment Cabana
- 16:30** Beach soccer – Meeting at the kid's club
- 17:00** Yoga session – Meeting at the Entertainment Cabana

Thursday

- 09:00** Stretching session – Meeting at the kid's club
- 11:00** Aqua Gym at the main pool
- 13:30** Table tennis – Meeting at the Entertainment Cabana
- 14:30** Water Polo at the main pool
- 15:30** Mauritian traditional games - Meeting at the Entertainment Cabana
- 16:00** Creole lesson – Meeting at the Entertainment Cabana
- 16:30** Beach volley – Meeting at the kid's club
- 17:00** Tai-Chi session – Meeting at the Entertainment Cabana

Friday

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

Saturday

- 09:00** Guided bike tour to Cap Malheureux
- Meeting at the kid's club
- 11.00** Aqua gym at the main pool
- 13.30** Table tennis – Meeting at the
Entertainment Cabana
- 14.30** Water Polo at the main pool
- 15:30** Mauritian traditional games - Meeting
at the Entertainment Cabana
- 16:00** Creole lesson – Meeting at the
Entertainment Cabana
- 16:30** Beach soccer – Meeting at the
kid's club

Sunday

- 09:00** Abdominal session – Meeting point at the kid’s club
- 11:00** Aqua gym at the main pool
- 13.30** Table tennis – Meeting at the Entertainment Cabana
- 14.30** Water Polo at the main pool
- 15:30** Mauritian traditional games - Meeting at the Entertainment Cabana
- 16:00** Bocce ball – Meeting at the Entertainment Cabana
- 16:30** Beach soccer - Meeting at the Kids Club