



**Weekly program**

**Teens Sport &  
Entertainment Program**

# Monday

- 09:00** Archery session – Next to the tennis court
- 10:00** Pilates session – Meeting point kids club
- 11:00** Aqua gym at the main pool
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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 point at the kids club
- 09:00** Pilates session – Meeting point kids club
- 11:00** Aqua Gym at the main pool
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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
- 13:00-15:00**            Billiard game at Siro Kan Bar
- 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 kids club
- 09:00** Archery session – Meeting point next to the tennis court
- 11:00** Aqua gym at the main pool
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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

# Saturday

- 09:00** Guided bike tour – Visit to Cap Malheureux – Meeting point at the kids club
- 11.00** Aqua gym at the main pool
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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
- 13:00-15:00** Billiard game at Siro Kan Bar
- 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