



Weekly program

**Teens Sport &
Entertainment Program**

Monday

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|--------------|---|
| 09:00 | Archery session – Meeting next to 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 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 kid's club (With supplement)

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

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|--------------|---|
| 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

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|--------------|---|
| 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 kids club (With supplement)

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

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

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|--------------|--|
| 09:00 | Guided bike tour – Visit to Cap Malheureux – Meeting point at the kid's club (With Supplement) |
| 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

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|--------------|---|
| 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 |
| 14:00 | Bocce ball festival – 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 |