

Fit & Well Island Activities

Monday	Sunrise Hatha Yoga	07:30hrs Onwards	Lagoon Bar Deck
	Table Tennis Competition	11:00hrs Onwards	Recreation Center
	Zumba Challenge	17:00hrs Onwards	Sunrise Beach
Wednesday	Sunrise Hatha Yoga	07:30hrs Onwards	Dream Bar Beach
	Beach Games	16:30hrs Onwards	Sunrise Beach
Thursday	Aqua Aerobics	11:00hrs Onwards	Sunrise Bar Pool
	Tennis Clinic	17:30hrs Onwards	Tennis Court
Friday	Alignment Yoga	07:30hrs Onwards	Lagoon Bar Deck
	Beach Volleyball	17:00hrs Onwards	Sunrise Beach
Saturday	Alignment Yoga	07:30hrs Onwards	Dream Bar Beach
	Beach Football	17:00hrs Onwards	Watersports Beach
Sunday	Aqua Aerobics	11:00hrs Onwards	Sunrise Bar Pool
	Beach Cricket	17:00hrs Onwards	Sunrise Beach

*All the Activities are subject to weather conditions and maximum of 30-40 Mins.

*For more information please contact Recreation center at 497.