

Resort Activities and Entertainment

<p><u>MONDAY</u></p> <p>08.00-08.50 Hatha Yoga @ Fitness Center (10 usd per person)</p> <p>11.00-11.40 Aqua Aerobics @ Swimming Pool</p> <p>14.00-15.00 Thai Boxing Class @ Fitness Center (10 usd per person)</p> <p>15.30-16.30 Badminton @ Fitness Center</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p> <p>17.00-18.00 Petanque @ Pool Beach</p> <p><u>TUESDAY</u></p> <p>08.00 - 08.50 Hatha Yoga @ Fitness Center (10 usd per person)</p> <p>11.00-11.50 Abs & Stretching @ Fitness Center</p> <p>14.00-14.50 Body Firming @ Fitness Center</p> <p>15.30-16.20 Beach Volley Ball @ Spa Beach</p> <p>16.30 -18.00 Petanque @ Pool Beach</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p> <p><u>Wednesday</u></p> <p>08:00-08.50 Tai Chi @ Fitness Center</p> <p>11.00-11.50 Aquatic Yoga @ Swimming Pool</p> <p>14.00-15.00 Table Tennis @ Fitness Center</p> <p>15.30-16.20 Pilates on the Mat @ Fitness Center (10 usd per person)</p> <p>16.30 -18.00 Petanque @ Swimming Pool Beach</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p> <p><u>THURSDAY</u></p> <p>08.00-08.50 Meditation @ Fitness Center</p> <p>11.00-11.50 Animal Towel Folding @ Fitness Center</p> <p>14.00-15.00 Thai Boxing Class @ Fitness Center (10 usd per person)</p> <p>15.00-16.00 Water Polo @ Swimming Pool</p> <p>16.10-17.00 Hatha Yoga @ Fitness Center (10 usd per person)</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p>	<p><u>FRIDAY</u></p> <p>08.00-08.50 Yogilates @ Fitness Center (10 usd per person)</p> <p>11.00-11.50 Aquatic Yoga @ Swimming Pool</p> <p>14.30 -15.20 Fit Ball Workout @ Fitness Center</p> <p>15.30-16.00 Beach Volley Ball @ Spa Beach</p> <p>16.30 -18.00 Petanque @ Swimming Pool Beach</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p> <p><u>SATURDAY</u></p> <p>08.00-08.50 Pilates on the Mat @ Fitness Center (10 usd per person)</p> <p>11.00-11.50 Animal Towel Folding @ Fitness Center</p> <p>14.00-15.30 Table Tennis @ Fitness Center Beach</p> <p>16.00 -16.50 Hatha Yoga @ Fitness Center (10 usd per person)</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p> <p>17.00-18.00 Petanque @ Pool Beach</p> <p><u>SUNDAY</u></p> <p>08.00-08.50 Beach Boot Camp @ Fitness Center</p> <p>11.00-11.50 Thai Boxing @ Fitness Center (10 usd per person)</p> <p>14.00-15.00 Table Tennis @ Fitness Center</p> <p>15.00-16.00 Water Polo @ Swimming Pool</p> <p>16.30 -18.00 Petanque @ Pool Beach</p> <p>17.00-17.30 Fish Feeding @ Viu Bar</p>
	   

Please dial number 4802 for more information or contact our friendly recreation staff at Fitness Center
All private lessons charge 40 USD per person per hour.