

Chargeable Activities

Wine Tasting

Tennis Session:

- Adult lesson 1 hour
- Adult packages lesson 5 session of 1 hour each
- Kids lessons 30 minutes
- Kids packages lesson 5 Sessions of 30 minutes each
- Duo lesson 1 hour
- Duo packages 5 sessions
- Sparring partner 1 hour

Private Fitness Class

Private Holistic Classes (meditation, yoga, aqua yoga, aqua yoga)

Call extension 1642

Legend



Easy



Medium



Hard



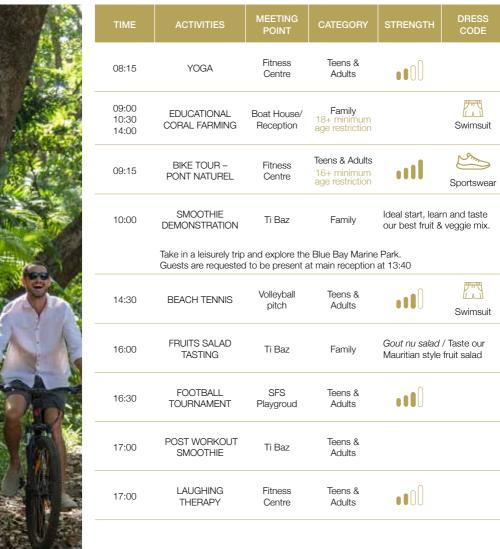
A pre-booking of 24 hours is required for all listed activities. Activities with ** are chargeable.

EXT (1642)

MONDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE	
08:15	BUDO FITNESS	Fitness Centre	Teens & Adults	••0		
09:15	PRE WORK JUICE	Ti Baz	Teens & Adults			
09:30	FULL BODY WORKOUT	Fitness Centre	Teens & Adults 16+ minimum age restriction	•••	Sportswear	
10:00 11:15 13:00	REIKI	Anantara Spa	Reiki is a Japanese healing technique of stress reduction and relaxation response which is offered through light,non-invasive touch. It promotes overall sense of well-being and holistic health. Beneficial for: Chakra Test, Pain management, Chakra balancing, Headache, Stress relief, Sleep			
			MUR 4800 per	person - 90 mi	nutes	
11:15	AQUA GYM	Fitness Centre	Teens & Adults	••00		
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family		Swimsuit	
	Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40					
15:00	PILATES	Fitness Centre	Teens & Adults	•••		
16:30	VOLLEYBALL	Fitness Centre	Teens & Adults	••0		
17:00	RELAXING MEDITATION	Fitness Centre	Teens & Adults	••00		
17:00	RHUM TASTING	Ti Baz	ADULTS 18+ minimum age restriction			

TUESDAY





WEDNESDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE	
08:15	RELAXING MEDITATION	Fitness Centre	Teens & Adults	••0		
09:00	KILLING ABS	Fitness Centre	Teens & Adults 16+ minimum age restriction	•••	Sportswear	
09:15	ARCHERY	Volleyball Pitch	Teens & Adults 8+ minimum age	••0		
09:30	DETOX CLASS DEMONSTRATION	Ti Baz	Teens & Adults			
10:00	PAINTING CLASS	Library	Teens & Adults 10+ minimum age restriction	A pre-booking of 24 hours is required at the Anantara Spa		
12:00	LOCAL SNACKS DEMONSTRATION	Ti Baz	Family			
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family	•••	Swimsuit	
Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40						
15:00	POWERWALK TO ROYAL PALM FOREST	Fitness Centre	Teens & Adults 16+ minimum age restriction	•••	Sportswear	
16:00	TEA TASTING	Library				
16:30	SLACKLINE	Fitness Centre	Teens & Adults 8+ minimum age	•••		
17:00	MEDITATION & RELAXATION	Karokan Pool	Teens & Adults	••00	Swimsuit	

THURSDAY



FRIDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE	
08:15	YOGA	Fitness Centre	Teens & Adults	••0		
09:00 10:30 14:00	EDUCATIONAL CORAL FARMING	Boat House / Reception	Family 18+ minimum age restriction			
09:15	CIRCUIT TRAINING	Fitness Centre	Teens & Adults 16+ minimum age restriction	•••	Sportswear	
10:00	SMOOTHIE DEMONSTRATION	Ti Baz	Family			
11:00	AQUA GYM	Karokan Pool	Teens & Adults 16+ minimum age restriction		Swimsuit	
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family	•••	Swimsuit	
	Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40					
14:30	BEACH TENNIS	Volleyball pitch	Teens & Adults	••00	Swimsuit	
17:00	TAI-CHI	Fitness Centre	Teens & Adults	••00		
17:00	RHUM TASTING	Ti Baz	Adults 18+ minimum age restriction			

SATURDAY



SUNDAY



TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	AQUA YOGA	Aqua Pool	Teens & Adults 16+ minimum age restriction	••00	Swimsuit
09:15	ARCHERY	Volleyball Pitch	Family 16+ minimum age restriction	•••	
	Channel your inner R	obin Hood and	shoot for the bull'	s eye.	
10:00	MOCKTAIL DEMONSTRATION & TASTING	Ti Baz	Teens & Adults		
10:30	TABLE TENNIS COMPETITION	Fitness Centre	Teens & Adults 16+ minimum age restriction		
11:00	SOPHROLOGY	Fitness Centre	Teens & Adults 16+ minimum age restriction		
11:15	STRETCHING	Fitness Centre	Teens & Adults		Sportswear
13:30	CARICATURE	Karokan Bar	Family		
14:30	CREOLE LESSON	Fitness Centre	Family		
15:30	ZUMBA DANCE CLASS	Fitness Centre	Teens & Adults 12+ minimum age restriction		Sportswear
16:00	VOLLEYBALL	Volleyball Pitch	Teens & Adults 13+ minimum age restriction		
18:00	WINE TASTING**	Cellar 1884	Adults 18+ minimum age restriction		

