

Weekly discoveries

To book any of these activities, please contact reception or dial '1642'.

Monday 08:15 – 09:15 am

TAI CHI

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:30 – 10:15 am

FULL BODY WORKOUT

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM AGE)

10:00 am | 11:15 am | 01:00 pm

REIKI

MEETING POINT: ANANTARA SPA
FOR TEENS AND ADULTS

Reiki is a Japanese healing technique of stress reduction
and relaxation

MUR 3800 per person - 60 minutes

10:30 – 11:00 am

HEALTHY PRE-WORKOUT DRINK

MEETING POINT: AQUA
FOR TEENS AND ADULTS

11:15 – 12:00 pm

AQUA GYM

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS



02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MAIN RECEPTION
FOR FAMILY

Take in a leisurely trip and explore the Blue Bay
Marine Park. Guests are requested to be present at
main reception at 01:40 pm.

03:00 – 04:00 pm

VOLLEYBALL

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:00 – 05:45 pm

PILATES

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:30 – 06:00 pm

RHUM TASTING

MEETING POINT: SEA FIRE SALT
FOR ADULTS (18+ MINIMUM)



Tuesday

08:15 – 09:15 am

YOGA

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:00 am

CARDIO & ABS WORKOUT

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

09:30 am | 10:45 am

EDUCATIONAL CORAL FARMING | SNORKELLING

MEETING POINT: LIBRARY | RECEPTION
FOR TEENS AND ADULTS (16+ MINIMUM)

10:30 – 11:00 am

SMOOTHIE DEMONSTRATION

MEETING POINT: KAROKAN BAR
FOR FAMILY

Ideal start, learn and taste our best fruit & veggie
mix.

11:30 – 12:15 pm

BOARD GAME

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS



02:00 – 3:30 pm

STAND-UP PADDLE COMPETITION

MEETING POINT: BOAT HOUSE
FOR FAMILY

04:00 – 04:30 pm

FRUIT SALAD TASTING

MEETING POINT: TI BAZ
FOR FAMILY

Gout nu salad / Taste our Mauritian style fruit salad

05:00 – 05:45 pm

SUNSET WALK

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS



Wednesday

08:15 – 09:15 am

SINGING BOWL MEDITATION

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:00 am

WAKE UP MUSCULAR

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

10:30 – 11:00 am

DETOX DRINK DEMONSTRATION

MEETING POINT: KAROKAN BAR
FOR TEENS AND ADULTS

12:00 – 01:00 pm

LOCAL SNACKS DEMONSTRATION

MEETING POINT: SEA.FIRE.SALT KITCHEN
FOR FAMILY



02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MAIN RECEPTTION
FOR FAMILY

Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 01:40 pm.

03:00 – 4:00 pm

FOOTBALL

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS

04:00 – 4:45 pm

TEA TASTING

MEETING POINT: SEA FIRE SALT BAR
FOR FAMILY

05:00 – 6:00 pm

SUNSET STRETCHING

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)



Thursday

08:15 – 09:15 am

QI QONG

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

10:30 – 01:15 pm

TRAIL TO BLUE BAY

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)



11:30 – 12:00 pm

CHECKER COMPETITION

MEETING POINT: FITNESS CENTRE
FOR FAMILY

12:00 – 12:30 pm

PAPAYA SALAD

MEETING POINT: SEA.FIRE.SALT RESTAURANT
FOR FAMILY

02:00 – 03:00 pm

WATERPOLO

MEETING POINT: AQUA POOL
FOR FAMILY

03:30 – 04:15 pm

PETANGUE

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:00 – 05:45 pm

PILATES

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

06:00 – 06:30 pm

WINE TASTING**

MEETING POINT: CELLAR 1884
FOR ADULTS (18+ MINIMUM)
MUR 1,000 per person





Friday

08:15 – 09:15 am

MANASANA MEDITATION

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:00 am

CIRCUIT TRAINING ON THE BEACH

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

09:30 am | 10:45 am

EDUCATIONAL CORAL FARMING | SNORKELLING

MEETING POINT: LIBRARY | RECEPTION
FOR TEENS AND ADULTS (16+ MINIMUM)

10:30 – 11:00 am

SMOOTHIE DEMONSTRATION

MEETING POINT: KAROKAN BAR
FOR FAMILY

11:00 – 11:45 am

AQUA GYM

MEETING POINT: AQUA POOL
FOR TEENS AND ADULTS (16+ MINIMUM)

02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MAIN RECEPITION
FOR FAMILY

Take in a leisurely trip and explore the Blue Bay
Marine Park. Guests are requested to be present at
main reception at 01:40 pm.



02:30 – 03:00 pm

TEST YOUR KNOWLEDGE

MEETING POINT: KAROKAN BAR
FOR FAMILY

04:00 – 05:00 pm

YOGA STRETCH

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:30 – 06:00 pm

RHUM TASTING

MEETING POINT: SEA.FIRE.SALT BAR
FOR ADULTS (18+ MINIMUM)



Saturday

08:15 – 09:15 am

POWER YOGA

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

10:30 – 12:15 pm

TRAIL TO PONT NATUREL

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

A stunning route through the wild south to enjoy a spectacular scenery. A must do!

10:30 – 11:00 am

VEGGIE DRINK

MEETING POINT: KAROKAN
FOR TEENS AND ADULTS

Vegetables can also have a nice taste! Try one.

02:00 – 02:30 pm

FRUIT SALAD TASTING

MEETING POINT: TI BAZ
FOR FAMILY

Gout nu salad / Taste our Mauritian style fruit salad

03:00 – 03:45 pm

WATERPOLO

MEETING POINT: AQUA POOL
FOR TEENS AND ADULTS

04:00 – 05:00 pm

BADMINTON

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS

05:30 – 06:00 pm

COCKTAIL TASTING

MEETING POINT: SEA.FIRE.SALT BAR
FOR ADULTS (18+ MINIMUM)





Sunday

08:30 – 09:15 am

STRETCHING

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:30 am

ARCHERY

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS (16+ MINIMUM)

Channel your inner Robin Hood and shoot for the bull’s eye.

10:30 – 11:00 am

MOCKTAIL DEMONSTRATION

MEETING POINT: KAROKAN BAR
FOR TEENS AND ADULTS

11:00 – 12:00 pm

TABLE TENNIS COMPETITION

MEETING POINT: FITNESS CENTRE
FOR FAMILY

Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 01:40 pm.

01:30 – 2:30 pm

CARICATURE

MEETING POINT: KAROKAN BAR
FOR FAMILY

02:30 – 3:00 pm

QUIZ GAME

MEETING POINT: KAROKAN BAR
FOR FAMILY

04:00 – 5:00 pm

CREOLE LESSON

MEETING POINT: FITNESS CENTRE
FOR FAMILY

06:00 – 6:30 pm

WINE TASTING**

MEETING POINT: CELLAR 1884
FOR ADULTS (18+ MINIMUM)
MUR 1,000 per person



Activities are subject to availability and may change without prior notice. Advance booking is recommended.



Private Coaching

Holistic

RS 2300

HATHA YOGA | AQUA YOGA | AQUA TAI CHI | MEDITATION | CRYSTAL BOWL MEDITATION |
MUSICOTHERAPY | AERIAL YOGA

Fitness

RS 1800

PILATES | CIRCUIT TRAINING | CARDIOVASCULAR TRAINING | OUTDOOR TRAINING | SUNSET
STRETCHING

Private in Room

RS 2300

PILATES | YOGA STRETCH

Tennis Session

1 SESSION - RS 3200

PACKAGES OF 5 SESSIONS – RS 15 000

DUO LESSON – RS 4000

DUO PACKAGE 5 SESSION – RS 19 000

SPARRING PARTNER – RS 2500