



MARCH RECREATION PROGRAM

MONDAY

06:00 Hatha Yoga at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
11:00 Full Body Stretching at Fitness Center
14:00 Personal Training at Fitness Center
16:00 Badminton Competition at Beach Club
17:00 Ashtanga Yoga at Yoga Studio
18:00 Evening Walk & Run at around the Island

TUESDAY

06:00 Yoga Stretching at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
14:00 Henna Tattoo at Beach Club
14:00 One on One Stretching at Fitness Center
15:00 Table Tennis Competition at Beach Club
16:00 Zumba at Yoga Deck
17:00 Yoga for Beginner at Yoga Deck

WEDNESDAY

06:00 Hatha Yoga at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
11:00 Full Body Stretching at Fitness Center
15:00 Billiard Competition at Beach Club
16:00 Tai Chi Class at Yoga Deck
17:00 Aqua Yoga at Breeze Pool
18:00 Evening Walk & Run at around the Island

THURSDAY

06:00 Surya Namaskar at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
14:00 Henna Tattoo at Beach Club

17:00 Island Boot Camp at Beach Club
18:30 Candlelight Yoga at Yoga Studio
21:00 Movie Under the Stars at Beach Club

FRIDAY

06:00 Yoga for Beginner at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
14:00 One on One Stretching at Fitness Center
15:00 Billiard Competition at Beach Club
16:00 Tabata Workout at Fitness Center
17:00 Surya Namaskar at Yoga Studio
18:00 Evening Walk & Run at around the Island

SATURDAY

06:00 Ashtanga Yoga at Yoga Deck
10:00 Abdominal Exercise at Yoga Deck
14:00 Henna Tattoo at Beach Club
14:00 Personal Training at Fitness Center
16:00 Zumba at Yoga Deck
17:00 Hatha Yoga at Breeze Beach
17:30 Cross Fit Exercise at Beach Club

SUNDAY

06:00 Yoga for Core Strength at Yoga Deck
10:00 Abdominal Exercise at Fitness Center
11:00 Full Body Stretching at Fitness Center
15:00 Billiard Competition at Beach Club
17:00 Badminton Competition at Beach Club
18:30 Candlelight Yoga at Yoga Studio
21:00 Movie Under the Stars at Beach Club



Booking is required for the activities.

For more information and bookings, please contact your Lifestyle host or dial '0' for Guest Service Centre.