

RECREATION ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM 7.30 AM	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala	Morning Meditation at the Yoga Sala
7.30 AM 8.30 AM	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala	Sunrise Yoga at the Yoga Sala
11.00 AM 11.30 AM	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool	Aqua Aerobics Near the Main Pool
1.30 PM 2.30 PM	Darts Competition Near the Pool Bar	Fun Games Near the Pool Bar	Darts Competition Near the Pool Bar	Fun Games Near the Pool Bar	Fun Games Near the Pool Bar	Darts Competition Near the Pool Bar	Fun Games Near the Pool Bar
3.00 PM 3.30 PM	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala	Full Body Stretching at the Yoga Sala
4.30 PM 5.00 PM	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala	Run for Fun at the Yoga Sala

Please call the Guest Relations Team on ext. 0 for more information

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 AM	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club	Morning Warm Up at the Kids Club
10.00 AM	Making a Flower Bunch at the Kids Club	Play Games at the Kids Club	Craft Work at the Kids Club	Making a King's Hat at the Kids Club	Colour Time at the Kids Club	Making a Flower Bunch at the Kids Club	Face Painting at the Kids Club
12.00 PM	Face Painting Garden near Main Pool	Colour Time at the Kids Club	Colour Time at the Kids Club	Face Painting Garden near Main Pool	Puzzle Time at the Kids Club	Colour Time at the Kids Club	Collecting Shells at the Beach
2.00 PM	Kids Movie Time at the Teen's Club	Free Play at the Kids Club	Kids Movie Time at the Teen's Club	Play Games at the Kids Club	Kids Movie at the Teen's Club	Face Painting Pool Garden	Kids Movie Time at the Teen's Club
4.00 PM	Nature Walks Resort Vegetable Garden	Build a Sand Castle at the Beach	Nature Walk Resort Vegetable Garden	Sri Lankan Dance at the Yoga Sala	Nature Walk Resort Vegetable Garden	Sri Lankan Dance at the Yoga Sala	Nature Walk Resort Vegetable Garden
5.00 PM	Photo Frame Making at the Kids Club	Sri Lankan Dance at the Yoga Sala	Collecting Shells at the Beach	Free Play at the Kids Club	Build a Sand Castle Meet at the beach	Craft Work at the Kids Club	Play Games at the Kids Club

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