

ADULT AND YOUNG ADULT ACTIVITY PROGRAM

	07:00 - 08:00	10:00 - 11:00	11:00 - 11:30	15:30 - 16:30	17:00 - 18:00	18:00 - 19:00	21:00 - 22:00
MON	SUNRISE YOGA AT LIQUID POOL DECK	BODY SCULPT WAKE UP AT GYM	AQUA AEROBICS AT LIQUID POOL	WATER POLO AT LIQUID POOL	CARDIO STRENGTH AT GYM	VOLLEY BALL AT CLUB HOUSE	TABLE TENNIS TOURNAMENT AT CLUB HOUSE
TUE	SUNRISE YOGA AT LIQUID POOL DECK	TABLE TENNIS LESSONS AT CLUB HOUSE	AQUA AEROBICS AT LIQUID POOL	COCKTAIL CLASSES AT LIQUID BAR	DART GAME THE KILLER AT CLUB HOUSE	FOOTBALL AT CLUB HOUSE	FISH FEEDING AT ARRIVAL JETTY
WED	SUNRISE YOGA AT LIQUID POOL DECK	BODY SCULPT WAKE UP AT GYM	AQUA AEROBICS AT LIQUID POOL	COCONUT SHOW AT CLUB HOUSE	PILATES AT GYM	VOLLEY BALL AT CLUB HOUSE	CARD GAMES AT CLUB HOUSE
THU	SUNRISE YOGA AT LIQUID POOL DECK	BILLIARD LESSONS AT CLUB HOUSE	AQUA AEROBICS AT LIQUID POOL	DART TOURNAMENT AT CLUB HOUSE	CARDIO STRENGTH AT GYM	TENNIS GROUP LESSON AT CLUB HOUSE	CHESS TOURNAMENT AT CLUB HOUSE
FRI	BEGINNER WEIGHT TRAINUNG AT GYM	TABLE TENNIS TOURNAMENT AT CLUB HOUSE	HENNA TATTOO AT CLUB HOUSE	CHESS LESSONS AT CLUB HOUSE	WATER POLO AT LIQUID POOL	SCAVENGER HUNT AT CLUB HOUSE	FISH FEEDING AT ARRIVAL JETTY
SAT	SUNRISE YOGA AT LIQUID POOL DECK	CROSS FIT AT GYM	AQUA AEROBICS AT LIQUID POOL	DODGE BALL AT CLUB HOUSE	BOOT CAMP AT GYM	VOLLEY BALL AT CLUB HOUSE	BILLIARD TOURNAMENT AT CLUB HOUSE
SUN	FIT FOR DIVING AT GYM	BODY SCULPT WAKE UP AT GYM	HENNA TATTOO AT CLUB HOUSE	CARROM TOURNAMENT AT CLUB HOUSE	CORE STABILITY AT GYM	TENNIS CHALLENGE AT TENNIS COURT	MOVIE NIGHT AT LIQUID