

# WELLNESS SCHEDULE

## MONDAY

7:30 AM	Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Stretching (Gym)
18:00 PM	Beach Volley Ball (Loabi Loabi Beach)

## TUESDAY

7:30 AM	Stretching & Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Zumba class (Departure Lounge)
18:00 PM	Beach Volley Ball (Loabi Loabi Beach)

## WEDNESDAY

7:30 AM	Morning Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Salsa Class (Departure Lounge)
18:00 PM	Beach Volley Ball (Loabi Loabi Beach)
21:30 PM	Mini Disco for Kids (Loabi Loabi Bar)

## THURSDAY

7:30 AM	Stretching & Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Aerobics (Departure Lounge)
18:00 PM	Beach Volley Ball (Loabi Loabi Beach)

## FRIDAY

7:30 AM	Stretching & Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Salsa Class (Departure Lounge)
18:00 PM	Beach Volley Ball (Loabi Loabi Beach)

## SUNDAY

7:30 AM	Yoga (Manta Deck)
11:00 AM	Aqua Aerobics (Main Pool)
17:00 PM	Pilates Class (Gym)

- Kindly note that prior reservations are mandatory for all scheduled activities.
- Please ensure that you come prepared for wellness activities by wearing appropriate attire.
- We kindly ask that you refrain from wearing wet clothes during the activities.
- For booking arrangements, kindly reach out to the reception or the designated Island host.