

Recreation Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVITIES BASED AT THE RESORT AND ON ÎLOT MANGÉNIÉ							
06:00	Sunrise Yoga*	Sunrise Yoga*	Sunrise Yoga*	Sunrise Yoga*	Sunrise Yoga*	Sunrise Yoga*	Sunrise Yoga*
07:00	Morning Run	Boot camp*	Power walk	Boot camp*	Morning Run	Boxing Training*	Power walk
09:00	Resort Circuit Training	Pilates	Core Training	Pilates	Yoga	Special Abs/Legs/Butts	Core Training
10:00	Garden Tour	Garden Tour	Guided Bikes Tour*	Garden Tour	Garden Tour	Garden Tour	Guided Bikes Tour*
10:15		Diving Initiation**			Diving Initiation**		
11:00	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie	Bocce Ball on Îlot Mangénie
11:30	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym
14:00	Archery Initiation**	Archery Initiation**	Archery Initiation**	Archery Initiation**	Archery Initiation**	Archery Initiation**	Archery Initiation**
15:00	Tennis Volley game	Water polo game	Basketball game	Tennis Volley game	Water polo game	Basketball game	Tennis Volley game
16:00	Mini Football	Beach Volleyball	Mini Football	Beach Volleyball	Beach Volleyball	Mini Football	Beach Volleyball
17:00	Pilates	Yoga	Core Training	Resort Circuit Training	Boot camp*	Core Training	Boot camp*
18:00	Karaoke Fun	Zumba	Karaoke Fun	Zumba	Karaoke Fun	Zumba	Karaoke Fun

For more information or reservations of the above activities, please contact the Recreation Centre, located at the Active-T Club or Dial 0.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER SPORTS ACTIVITIES							
09:00 to 18:00	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat	Stand-up paddle / Kayak & Pedal boat
09:30 to 10:30	Exclusive Snorkelling*	Exclusive Snorkelling*	Exclusive Snorkelling*	Exclusive Snorkelling*	Exclusive Snorkelling*	Exclusive Snorkelling*	Exclusive Snorkelling*
10:00 to 12:00	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski
11:30	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**	Snorkelling**
12:00 to 15:00	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*	Exclusive Water Ski*/ Tube Ride*
14:00	Snorkelling Initiation**	Snorkelling**/ Sailing Initiation**	Snorkelling**/ Surfing Initiation**	Snorkelling**/ Sailing Initiation**	Snorkelling**/ Surfing Initiation**	Snorkelling Initiation**	Snorkelling Initiation**
15:00 to 17:00	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski	Water Ski
15:30	Stand-up Paddle in mangrove*	Waterfall Tour*	Kayak Tour*	Stand-up Paddle in mangrove*	Waterfall Tour*	Kayak Tour*	Waterfall Tour*

Stand-up paddle, Kayak and Pedal boat activities are organised at the Mini Boathouse located on Hibiscus beach and are on a first come, first served basis.

For reservations, please contact the Boathouse & Activity desk, via the Service Center (Dial 0).





Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TEENS ACTIVITIES							
10:00	Quad bike*/ Zip line*	Rope track challenge/ Banana tube*		Hobbie Cat*			Water Ski/ Wakeboard*
10:15					Diving Initiation**		
12:00		Water polo		Water polo	Basket polo	Water Ski*	Basket polo
15:00	Table Tennis tournament		Archery tournament		Badminton	Abs Session	
16:30	Mini football	Touch Rugby	Bubble beach soccer	Archery Initiation	Beach Volley	Basketball	Basketball
20:00	Pool game	Baby foot	Table Tennis	FIFA Play station	Baby foot	Pool game	Table Tennis

For more information or reservations of the above activities, please contact the Recreation Centre, located at the Active-T Club or Dial 0.

NOTE:

*Advanced booking required. Fee applies.

** Advanced booking required. Complimentary

- The recreational programmes gives you an overview of the resort activities only and most of them are subject to change, seasonal and are tides and weather dependent.
- For the daily updates, kindly consult the daily turn down activity sheet placed in your room upon turn down and the activity board at the entrance of Le Bazar restaurant.
- The activities without advanced bookings are on a first come, first served basis.

GENERAL INFORMATION

The resort's jetty is located near the helipad and a courtesy boat shuttle service is available every day from either side between the resort, Ilot Mangénie, Ile Aux Cerfs and Ile Aux Cerfs Golf Course.

The boat operating hours are as follows:

Ilot Mangénie from 09:00 until 16:30 every 30 minutes.

Ile aux Cerfs Boathouse from 09:00 until 17:00 every 30 minutes.

Ile aux Cerfs Golf Club from 06:40 until 20:00 every 20 minutes.

ESSENTIAL INFORMATION ON RECREATIONAL ACTIVITIES

SUNRISE YOGA

Start your day with an uplifting group yoga session on the beach.

Duration - 1 hour

Meeting point - In front of CHI, The Spa

MORNING RUN

Kick-start the day in a healthy style.

Duration - 30 minutes

Meeting point - In front of CHI, The Spa

RESORT CIRCUIT TRAINING

Rediscover the beauty of the resort while exercising an intense workout.

Duration - 45 minutes

Meeting point - In front of CHI, The Spa

GARDEN TOUR

Discover the flora of the resort's and the Chef's garden - a visit conducted by the Head gardener.

Duration - 1 hour

Meeting point - Active-T Club

BOCCIE BALL ON ILOT MANGÉNIÉ

Enjoy a bocce ball game on our private island, Ilot Mangénie.

Duration - 1 hour

Meeting point - Ilot Mangénie

AQUA GYM

Aqua gym exercises are some of the most popular methods to strengthen your muscles and stay in shape in absolute fun, thanks to the water's only resistance.

Duration - 30 minutes

Meeting point - Active-T Club

ARCHERY INITIATION

You don't need to be Robin Hood to be a skilled archer. Aim and hit at the right spot at the right time. Our team will assist you to improve your skills on the pitch.

Duration - 1 hour

Meeting point - Active-T Club

TENNIS VOLLEY BALL

Similar to beach volleyball but played with a tennis ball and paddle or rack.

Duration - 1 hour

Meeting point - Active-T Club

MINI FOOT

Get your feet in the sand on our beautiful beach with our Recreation team for a beach soccer match.

Duration - 1 hour

Meeting point - Active-T Club

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Duration - 1 hour

Meeting point - In front of CHI, The Spa

BOOT CAMP

Bootcamp is an intensive outdoor workout where you will burn fat and calories using a circuit-training plan and few gym equipment.

Duration - 1 hour

Meeting point - In front of CHI, The Spa

DIVING INITIATION

Non-certified divers get first instructions on how to use diving equipment and how to master some easy skills in the pool by the end of the pool training diver will have the option of doing a sea dive in the lagoon of Trou D'eau Douce, safely. (3-10 meters)

Duration - 1 hour.

Meeting point - Main pool.

BEACH VOLLEY

Get your feet in the sand on our beautiful beach with our Recreation team for a beach volley match.

Duration - 1 hour

Meeting point - Active-T Center.

WATER POLO GAME

This activity combines the most difficult parts of soccer and football and merge them together in a 30 meter pool. Constant swimming keeps the body in great shape while the speed of the game itself trains reflexes and quick thinking.

Duration - 1 hour

Meeting point - Active-T Center.

YOGA

Start / End your day with a peaceful mind by joining our morning / afternoon yoga class on the Frangipani lawn. The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Duration - 1 hour

Meeting point - In front of CHI, The Spa

ZUMBA

Want to improve your endurance, exert yourself and sculpt your body, all in a festive and crazy atmosphere? Zumba is the best bet for you.

Duration - 1 hour.

Meeting point - Active-T Club

POWER WALK

You don't have to be a runner to get fit. Try fast walking instead.

Duration - 30 minutes.

Meeting point - In front of CHI, The Spa

CORE TRAINING

Conditions the muscles of the abdomen and that of the lower back in keeping the core strong and flexible.

Duration - 30 minutes.

Meeting point - In front of CHI, The Spa

GUIDED BICYCLE TOUR

Ride to the local village and discover the site seeing of local life.

Duration - 90 minutes.

Meeting point - Active-T Club

BASKETBALL

Enjoy a Basketball duel / match together with our Recreation team.

Duration - 1 hour.

Meeting point - Active-T Club

KARAOKE FUN

Have fun singing along to great karaoke songs! Grab the mic and rock on!

Duration - 1 hour.

Meeting point - Active-T Club

BOXING TRAINING

An intense cardio boxing circuit training, to improve your punching skills and agility. This is a group activity.

Duration - 45 minutes.

Meeting point - In front of CHI, The Spa

SPECIAL ABS/LEGS/ GLUTES

Target a specific part of your body which you want to work on: the abs, the thighs and glutes.

Duration - 30 minutes.

Meeting point - In front of CHI, The Spa

KRAV MAGA SESSION

Learn the basic steps of Krav Maga, originally conceived to train the Israeli Military in Hand-to-Hand combat. You will also learn to adopt some other mix martial arts skills.

Duration - 1 hour.

Meeting point - As per guests' choice

WATERSKI

For those in search of a rush of adrenaline while gliding along the coastal bay at Ile aux Cerfs.

Duration - 10 minutes slots (First come, First serve)

Meeting point - Ile aux Cerfs Boathouse

SNORKELLING INITIATION

Be initiated to the techniques of snorkelling and you will keep on swimming!

Duration - 1 hour.

Meeting point - Ile aux Cerfs Boathouse

SNORKELLING

Get on a snorkelling trip in the turquoise water in the east coast with our boathouse team. The spectacular scenery of life underwater will capture you.

Duration - 1 hour.

Meeting point - Ile aux Cerfs Boathouse

TUBE RIDE

Tube Ride is one of the most popular fun water sports activities to enjoy as individual couple or with friends. An absolutely mind-blowing 15-minutes tub ride on the colorful water tube.

Duration - 15 minutes.

Meeting point - Ile aux Cerfs Boathouse

STAND-UP PADDLE

Enjoy the tranquility of gliding on a paddle in between the mangroves near Ile aux Cerfs.

Duration - 1 hour.

Meeting point - Ile aux Cerfs Boathouse

SAILING INITIATION

This is the perfect activity for those who want to have their first contact with sailing. Our boat house team will be pleased to give you necessary tips for sailing on your own.

Duration - 1 hour.

Meeting point - Ile aux Cerfs Boathouse

KAYAK TOUR

Enjoy the beauty of gliding over the turquoise lagoon near Ile aux Cerfs.

Duration - 1 hour.

Meeting point - Ile aux Cerfs Boathouse

TEENS' ACTIVITIES QUAD BIKE

After an initiation ride, experience the excitement of riding the quad through the wild lands whereby you will observe deer, exotic birds and boars.

Duration - 2 hours

Meeting point - The Boathouse and Activity desk.

TABLE TENNIS TOURNAMENT

Also known as Ping Pong, come and have fun together in challenging other in-house guests at the Recreation Center.

Duration - 1 hour.

Meeting point - Active - T Center.

MINI FOOTBALL

Enjoy our beautiful beach with our Recreation team for a beach soccer match.

Duration - 1 hour.

Meeting point - Active - T Center.

POOL GAME

Show off your billiards skills, and sink trick shots in a game.

Duration - 1 hour.

Meeting point - Active-T Center.

ROPE TRACK CHALLENGE

Treetop Adventure on Ile aux Cerfs, 37 obstacles : bascule bridge, tarzan swings, monkey bridge and other. A new experience on this paradisiac island.

Duration - 1 hour.

Meeting point - Active-T Center.

WATER POLO

It takes the most difficult aspects of soccer and football and puts them together in the pool of over 1 meter depth. Constant swimming keeps the body in great shape while the speed of the game itself trains reflexes and quick thinking.

Duration - 1 hour.

Meeting point - Active-T Center.

TOUCH RUGBY

Touch rugby refers to games derived from rugby football in which players do not tackle each other in the traditional, highly physical way, but instead touch their opponents using their hands on any part of the body, clothing, or the ball to develop endurance and stamina.

Duration - 1 hour.

Meeting point - Active-T Center.

BABY-FOOT

Enjoy the baby-foot game and defeat your opponent in this football game.

Duration - 1 hour.

Meeting point - Active-T Center.

ARCHERY TOURNAMENT

You don't need to be Robin Hood to be a skilled archer. Aim and hit at the right spot at the right time. Our team will assist you to improve your skill on the pitch.

A tournament among other in-house guests is on.

Duration - 1 hour.

Meeting point - Active-T Center.

BUBBLE BEACH SOCCER

An exhilarating remix of soccer, sumo wrestling, and bubble-wrap, bubble soccer is an exciting new sport that's even more fun than it looks.

Duration - 1 hour.

Meeting point - Active-T Center.

TABLE TENNIS

Also known as Ping Pong, come and have fun at the Recreation Center.

Duration - 1 hour.

Meeting point Active-T Center.

HOBBIE CAT

Perfect holiday, perfect day for a sailing trip on the crystalline waters of the Indian Ocean. To the uninitiated, learn the sailing techniques and develop your skills with our boathouse team.

Duration - 1 hour.

Meeting point - Active-T Center.

ARCHERY INITIATION

You don't need to be Robin Hood to be a skilled archer. Aim and hit at the right spot at the right time. Our team will assist you to improve your skill on the pitch.

Duration - 1 hour.

Meeting point - Active-T Center.

FIFA PLAYSTATION

Enjoy a great moment of FIFA Play Station. Just hit, aim for goals and glory in EA SPORTS FIFA 17 on PS4.

Duration - 1 hour.

Meeting point - Active-T Center.

BASKET POLO

It takes the most difficult aspects of soccer and football and puts them together in the pool of over 1 meter depth. Constant swimming keeps the body in great shape while the speed of the game itself trains reflexes and quick thinking.

Duration - 1 hour.

Meeting point - Active-T Center.

BADMINTON

Playing badminton outdoors is not easy when the wind interferes!

Duration - 1 hour.

Meeting point - Active-T Center.

BASKETBALL

Enjoy a Basketball duel / match together with other teenagers and with our Recreation team.

Duration - 1 hour.

Meeting point - Active-T Center.