



Scan for the
Wellness
programme



Weekly discoveries

To book any of these activities, please contact reception or dial '1642'.

Monday 08:15 – 09:15 am

TAI CHI

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 09:30 am

PRE WORKOUT JUICE

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS

09:30 – 10:15 am

FULL BODY WORKOUT

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM AGE)

10:00 am | 11:15 am | 01:00 pm

REIKI

MEETING POINT: ANANTARA SPA
FOR TEENS AND ADULTS

Reiki is a Japanese healing technique of stress reduction
and relaxation

MUR 4800 per person - 90 minutes

11:15 – 12:00 pm

AQUA GYM

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS



02:00 – 03:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M

03:00 – 04:00 pm

VOLLEYBALL

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

04:30 – 05:15 pm

PILATES

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:00 – 05:30 pm

RHUM TASTING

MEETING POINT: KAROKAN BAR
FOR ADULTS (18+ MINIMUM)



Tuesday

08:15 – 09:15 am

YOGA

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 a.m – 10:00 a.m

CARDIO & ABS WORKOUT

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

10:00 – 10:30 am

SMOOTHIE DEMONSTRATION

MEETING POINT: TI BAZ
FOR FAMILY

Ideal start, learn and taste our best fruit & veggie mix.

11:30 – 12:15 pm

BOARD GAME

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

02:30 – 03:30 pm

BEACH TENNIS

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS



02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M

04:00 – 04:30 pm

FRUIT SALAD TASTING

MEETING POINT: TI BAZ
FOR FAMILY

Gout nu salad / Taste our Mauritian style fruit salad

04:30 – 05:00 pm

FOOTBALL TOURNAMENT

MEETING POINT: SFS PLAYGROUND
FOR TEENS AND ADULTS

05:00 – 05:30 pm

DETOX CLASS

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS



Wednesday

08:15 – 09:15 am

RELAXING MEDITATION

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:00 am

KILLING ABS

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS

10:00 – 10:30 am

DETOX DRINK DEMONSTRATION

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS

12:00 – 12:30 pm

LOCAL SNACKS DEMONSTRATION

MEETING POINT: TI BAZ
FOR FAMILY



02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M

Take in a leisurely trip and explore the Blue Bay
Marine Park. Guests are requested to be present at
main reception at 01:40 pm.

03:00 – 4:00 pm

POWER WALK TO ROYAL PALM FOREST

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

04:00 – 4:30 pm

TEA TASTING

MEETING POINT: LIBRARY
FOR FAMILY

04:30 – 5:00 pm

SLACKLINE

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)



Thursday

08:15 – 09:15 am

QI QONG

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 12:15 p.m

TRAIL TO BLUE BAY

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)



02:00 – 03:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M
Take in a leisurely trip and explore the Blue Bay
Marine Park. Guests are requested to be present at
main reception at 01:40 pm.

02:30 – 03:30 pm

PETANGUE

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

04:00 – 04:45 pm

VOLLEYBALL

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS (16+ MINIMUM)

05:00 – 05:45 pm

PILATES

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

06:00 – 06:30 pm

WINE TASTING**

MEETING POINT: CELLAR 1884
FOR ADULTS (18+ MINIMUM)
MUR 600 per person





Friday

08:15 – 09:15 am

MANASANA MEDITATION

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:00 am

CIRCUIT TRAINING

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

10:00 – 10:30 am

SMOOTHIE DEMONSTRATION

MEETING POINT: TI BAZ
FOR FAMILY

11:00 – 12:00 pm

AQUA GYM

MEETING POINT: KAROKAN POOL
FOR TEENS AND ADULTS (16+ MINIMUM)

02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M

Take in a leisurely trip and explore the Blue Bay
Marine Park. Guests are requested to be present at
main reception at 01:40 pm.

02:30 – 03:00 pm

BEACH TENNIS

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS

04:00 – 04:45 pm

YOGA STRETCH

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:00 – 05:30 pm

RHUM TASTING

MEETING POINT: TI BAZ
FOR ADULTS (18+ MINIMUM)





Saturday

08:15 – 09:15 am

POWER YOGA

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 12:15 pm

TRAIL TO PONT NATUREL

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS (16+ MINIMUM)

A stunning route through the wild south to enjoy a spectacular scenery. A must do!

10:00 – 10:30 am

VEGGIE DRINK

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS

Vegetables can also have a nice taste! Try one.

02:00 – 3:00 pm

SNORKELING | GLASS BOTTOM

MEETING POINT: MEETING POINT AT MAIN
RECEPTION AT 1:40 P.M



02:00 – 02:30 pm

FRUIT SALAD TASTING

MEETING POINT: TI BAZ
FOR FAMILY

Gout nu salad / Taste our Mauritian style fruit salad

04:00 – 05:00 pm

RELAXING STRETCHING

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

05:00 – 05:30 pm

COCKTAIL DEMONSTRATION

MEETING POINT: TI BAZ
FOR ADULTS (18+ MINIMUM)





Sunday

08:30 – 09:00 am

STRETCHING

MEETING POINT: FITNESS CENTRE
FOR TEENS AND ADULTS

09:15 – 10:30 am

ARCHERY

MEETING POINT: VOLLEYBALL PITCH
FOR TEENS AND ADULTS (16+ MINIMUM)

Channel your inner Robin Hood and shoot for the bull’s eye.

11:15 – 11:45 am

MOCKTAIL DEMONSTRATION & TASTING

MEETING POINT: TI BAZ
FOR TEENS AND ADULTS

10:30 – 11:00 am

TABLE TENNIS COMPETITION

MEETING POINT: FITNESS CENTRE
FOR FAMILY

Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 01:40 pm.

01:30 – 2:30 pm

CARICATURE

MEETING POINT: KAROKAN BAR
FOR FAMILY

02:30 – 3:00 pm

CREOLE LESSON

MEETING POINT: FITNESS CENTRE
FOR FAMILY

04:00 – 4:45 pm

MAURITIAN GAME

MEETING POINT: FITNESS CENTRE
FOR FAMILY

06:00 – 6:30 pm

WINE TASTING**

MEETING POINT: CELLAR 1884
FOR ADULTS (18+ MINIMUM)





Private Coaching

Holistic

RS 2300

HATHA YOGA | AQUA YOGA | AQUA TAI CHI | MEDITATION | CRYSTAL BOWL MEDITATION |
MUSICOTHERAPY

Fitness

RS 1800

PILATES | CIRCUIT TRAINING | CARDIOVASCULAR TRAINING | OUTDOOR TRAINING | SUNSET
STRETCHING

Private in Room

RS 2300

PILATES | YOGA STRETCH

Tennis Session

1 SESSION - RS 3200

PACKAGES OF 5 SESSIONS – RS 12 500

DUO LESSON – RS 4000

DUO PACKAGE 5 SESSION – RS 19 000

SPARRING PARTNER – RS 2500