

## TUI Activities

### Monday

10:15hrs – Tai Chi @ Blu Fit Pavilion  
 17:15hrs – Sunset Yoga @ Blu Fit Pavilion

### Tuesday

10:00hrs – TRX Workout @ Blu Fit Pavilion  
 10:30hrs – TRX Workout @ Blu Fit Pavilion  
 11:30hrs – Aqua Qigong @ The Bar Beach

### Wednesday

06:30hrs - Sunrise Yoga @ Blu Fit Pavilion  
 10:15hrs - Pilates @ Blu Fit Pavilion  
 11:30hrs – Meditation @ Blu Fit Pavilion

### Thursday

10:15hrs – Circuit Training @ Blu Fit Pavilion  
 11:30hrs – Stretching @ Blue Fit Pavilion  
 15:30hrs - Tabata Workout @ Blue Fit Pavilion

### Friday

06:30hrs - Sunrise Yoga @ Blu Fit Pavilion  
 11:30hrs - Tabata Workout @ Blu Fit Pavilion

### Saturday

10:00hrs – TRX Workout @ Blu Fit Pavilion  
 10:30hrs – TRX Workout @ Blu Fit Pavilion  
 11:30hrs – Tai Chi @ Blue Fit Pavilion  
 17:15hrs – Aqua Yoga @ The Bar Beach

## TUI Night Entertainment

Day	Evening show	Time	Location
Monday	Hightide Full Band	at 20:30	Romance the bar
Tuesday	Maldivian Cultural Show & DJ	at 20:30	Romance the bar
Wednesday	Hightide trio	at 20:30	Romance the bar
Thursday	DJ Retro Night (Belly Dance + Tanura)	at 20:30	Romance the bar
Friday	Hightide Full band	at 20:30	Romance the bar
Saturday	Il Sense Duo	at 21:00	Romance the bar
Sunday	DJ Pop Night (Fire Show + Belly Dance)	at 20:30	Romance the bar