

# LEISURE ACTIVITIES



Kempinski  
Seychelles Resort

BAIE LAZARE

Kindly note that all activities may be cancelled without prior notice, due to unfavorable weather conditions or if there are fewer than two  
If you pregnant or have any medical conditions, please consult a doctor before participating any activities. Activities area not advisable for pregnant woman.

	07:30 - 08:30	12:00 - 13:00	13:30-14:30	15:00 -16:00	17:00 - 18:00
MONDAY	Yoga on the Hill SCR 400 PER PERSON	Water Aerobics	Pétanque (BOCCI BALL)	Hit Combine Training	Beach Volleyball
TUESDAY	Pilates on the Hill SCR 400 PER PERSON	Water Aerobics	Fat Blaster Aerobic Session	Fun Hiking	Soccer Time
WEDNESDAY	Yoga on the Hill SCR 400 PER PERSON	Water Aerobics	Pétanque (BOCCI BALL)	Hit Combine Training	Beach Volleyball
THURSDAY	Pilates on the Hill SCR 400 PER PERSON	Water Aerobics	Cardio Session	Fun Hiking	Soccer Time
FRIDAY	Yoga on the Hill SCR 400 PER PERSON	Water Aerobics	Pétanque (BOCCI BALL)	Fat Burner Aerobic Session	Beach Volleyball
SATURDAY	Pilates on the Hill SCR 400 PER PERSON	Water Aerobics	Fat Blaster Aerobic Session	Abs Challenge	Soccer Time
SUNDAY	Yoga on the Hill SCR 400 PER PERSON	Water Aerobics	Pétanque (BOCCI BALL)	Fun Hiking	Beach Volleyball