

DAYTIME ACTIVITIES

Daily Orientation 10 am & 5 pm (Meet in lobby)

SUNDAY

9:00am	Par Course Challenge	Par Course
9:15am	Church Shuttle	G/ House Lobby
9:30am	Glass Bottom ride	W/Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Yoga 60 min	A/ Studio
10:00am	Squash Clinic 60 min	S/ Complex
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/Sports Hut
11:30am	Basket Weaving	Main Beach
12:30pm	Bean Bag Toss	South Beach
1:30pm	Snorkeling trip	W/ Sports Hut
2:00pm	Stone Painting	Main Beach
2:00pm	Sailing & Windsurfing Lessons	W/ Sports
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Racquetball Clinic 60 min	S/ Complex
4:00pm	Beach Volleyball	South Beach
5:00pm	Spinning 50 mins	A/ Studio
6:00pm	CSA Abs 30 mins	A/ Studio
8:00pm	Live Dinner Music	Palms/Patio
8:30pm	Movie under the Stars	South Beach
9:00pm	SHOWTIME - Retro Party	The Palms
9:00pm	Sunday Groove	Aura Nightclub

MONDAY

8:00am	Advanced Tennis Clinic	S/Complex
8:45am	Intermediate Tennis Clinic	S/Complex
9:00am	Power Work-out 50 min	A/ Studio
9:00am	Nature Tour	Main Lobby
9:30am	Glass Bottom ride	W/ Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Mind & Body 60min	A/ Studio
10:00am	Racquetball Clinic 60 min	S/ Complex
10:30am	Beaded Jewelry Making	Main Beach
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/ Sports Hut
11:30am	Hat Making	Main Beach
12:00pm	Aqua Reggae	Pool Bar
1:30pm	Snorkeling trip	W/Sports Hut
2:00pm	Sailing & Windsurfing Lessons	W/ Sports
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Squash Clinic 60 min	S/Complex
3:00pm	Aqua Fit 45 min	Lap Pool
3:30pm	Martini Mixology	Palms
4:00pm	Beach Volleyball	South Beach
4:00pm	Cardio & Resistance 60 min	A/Studio
4:00pm	Beginners Tennis Clinic	S/Complex
5:00pm	Round Robin Tournament	S/Complex
5:00pm	CSA Abs 30 min	A/ Studio
5:30pm	Yoga 60 min	A/ Studio
6:30pm	Managers Cocktail Party	Aura Lounge
8:00pm	TV/Movie Trivia	Aura Lounge
9:00pm	Blazing Piano	Aura Lounge
9:00pm	SHOWTIME International Reggae	The Palms
11:00pm	Top Of the Charts	Aura Nightclub

Rainy Day Activities

In the unlikely event of inclement weather, we would love you to join us in the conference room for movies and games. Other options include fun and games by the Main Beach Bar. Rain or shine the entertainment team is ready for you to have a great time!

TUESDAY

8:00am	Advanced Tennis Clinic	S/Complex
8:00am	Fitness Walk	Beach W/sports Hut
8:00am	Yoga on the Beach	Beach W/sports Hut
8:30am	Beach Bootcamp	Beach W/sports Hut
8:45am	Intermediate Tennis Clinic	S/Complex
9:30am	Glass Bottom ride	W/ Sports Hut
9:30am	Beach Abs	Beach W/sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Squash Clinic 60 min	S/Complex
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/Sports Hut
11:00am	Margarita Mixology	Main Beach
1:00pm	Jamaica Trivia	Cabana Grill
1:30pm	Snorkeling trip	Water Sports Hut
2:00pm	Horse Shoe Tournament	South Beach
2:00pm	Sailing & Windsurfing Lessons	
3:00pm	Snorkeling trip	Water Sports Hut
3:00pm	Tie & Dye Class (Cost \$)	Main Beach
3:00pm	Racquetball Clinic 60 min	S/Complex
3:00pm	Couples Massage Class	Aerobics Studio
3:00pm	Pool Volleyball	Palms Pool
4:00pm	Dynamic Warm-Up 30 min	Aerobics Studio
4:00pm	Beginners Tennis Clinic	S/Complex
4:00pm	Beach Volleyball	South Beach
4:30pm	Dynamic Aerobics 60 min	A/ Studio
5:00pm	Round Robin Tournament	S/Complex
5:30pm	Mind & Body 60 min	A/Studio
6:30pm	Couples Games Show	Aura Lounge
9:00pm	Blazing Piano	Aura Lounge
9:00pm	SHOWTIME (Cultural Showcase)	The Palms
10:15pm	Casino & Auction	Casino Room
11:00pm	Dance Mixes	Aura Nightclub

WEDNESDAY

8:00am	Advanced Tennis Clinic	S/Complex
8:45am	Intermediate Tennis Clinic	S/Complex
9:00am	Dynamic Aerobics 50 min	A/ Studio
9:30am	Glass Bottom ride	W/ Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Mind & Body 60 min	A/ Studio
10:00am	Racquetball Clinic 60 min	S/Complex
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/Sports Hut
11:30am	Basket Weaving	Main Beach
12:00pm	Bean Bag Toss	South Beach
1:00pm	Pastry Demo	Main Beach
1:30pm	Snorkeling trip	W/ Sports Hut
2:00pm	Minute to Win it	Pool Bar
2:00pm	Sailing & Windsurfing Lessons	
3:00pm	Salsa Dance Class	Pool Bar
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Squash Clinic 60 min	S/Complex
3:00pm	Aqua fit 45 min	S/Complex
4:00pm	Powered Up 60 min	A/ Studio
4:00pm	Beginner Tennis Clinic	S/Complex
4:00pm	Beach Volleyball	South Beach
5:00pm	Round Robin Tournament	S/Complex
5:00pm	CSA Abs 30 min	A/Studio
5:30pm	Yoga 60 min	A/ Studio
6:00pm	Wine & Cheese	Palms Pool Deck
9:00pm	Blazing Piano	Aura Lounge
9:00pm	SHOWTIME (Steel Drums)	The Palms
10:30pm	Romantic Bonfire	Main Beach
11:00pm	Open Chart	Aura Nightclub

DAILY ACTIVITIES



THURSDAY

8:00am	Advanced Tennis Clinic	S/Complex
8:45am	Intermediate Tennis Clinic	S/Complex
8:00am	Fitness Walk	W/Sports Hut
8:30am	Beach Bootcamp	W/Sports Hut
9:00am	Nature Tour	Main Lobby
9:30am	Beach Abs Beach	W/Sports Hut
9:30am	Glass Bottom ride	W/Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Yoga 60 min —	A/ Studio
10:00am	Squash Clinic (60 min)	S/Complex
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/Sports Hut
11:30am	Loop D Prize	South Beach
12:00pm	Beaded Jewelry Class	Main Beach
1:00pm	Ping Pong Tournament	South Beach
1:30pm	Snorkeling trip	W/ Sports Hut
2:00pm	Tie N Dye (cost \$)	Main Beach
2:00pm	Sailing & Windsurfing Lessons	
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Racquetball Clinic 60 min —	S/Complex
3:00pm	Couples Massage Class	A/ Studio
3:00pm	Pool Volleyball	Palms Pool
4:00pm	Beach Volleyball	South Beach
4:00pm	Beginners Tennis Clinic	S/Complex
4:00pm	Dynamic Warm-up 30 min —	A/Studio
4:30pm	Dynamic Aerobics 60 min —	A/Studio
5:00pm	Round Robin Tournament	S/Complex
5:30pm	Mind & Body 60 min -	A/ Studio
8:15PM	Live Dinner Music	Palms
9:00pm	Blazing Piano	Aura Lounge
9:15pm	Circus /Magician Showcase	Palms
10:15pm	Poker Night	Casino Room
11:00pm	Retro Night	Aura Nightclub

SATURDAY

9:00am	Par Course Challenge 60 min	Par Course
9:30am	Glass Bottom ride	W/Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Squash Clinic 60 min	S/Complex
11:00am	Beach Volleyball	South Beach
11:00am	Snorkeling trip	W/ Sports Hut
11am/1pm	Reggae Tie N Dye (Cost \$)	Main Beach
12:00pm	Bob Marley Trivia	Pool Bar
1:30pm	Snorkeling trip	W/ Sports Hut
2:00pm	Sailing & Windsurfing Lessons	
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Fruit Carving Demo	Main Beach
3:00pm	Bocce Ball Tournament	South Beach
3:00pm	Racquetball Clinic (60 min)	
3:00pm	Couples Massage Class	A/ Studio
4:00pm	Beach Volleyball	South Beach
5:30pm	Spinning 60 min	A/ Studio
5:30pm:	Sunset Flavor	Beach Wedding Gazebo
8:30pm	Pool Tournament	Pool Room
9:00pm	Blazing Piano	Aura Lounge
9:00pm	SHOWTIME	The Palms
11:00pm	Request Night	Aura Nightclub

FRIDAY

8:00am	Advanced Tennis Clinic	S/Complex
8:00am	Yoga on the Beach	W/Sports Hut
8:45am	Intermediate Tennis Clinic	S/Complex
9:00am	Dynamic Aerobics 60 min	A/ Studio
9:30am	Glass Bottom ride	W/ Sports Hut
10:00am	Sailing and Windsurfing Lesson	
10:00am	Racquetball Clinic 60 min	S/Complex
10:30am	Talk Jamaica	Main Beach
11:00am	Snorkeling trip	W/ Sports Hut
11:00am	Cook Jamaica	Main Beach
11:30am	Beach Volleyball (Staff Vs Guest)	South Beach
11:30am	Basket Weaving	Main Beach
12:00pm	Hat Making	Main Beach
1:00pm	Wood Carving Class	Main Beach
1:30pm	Snorkeling trip	W/ Sports Hut
2:00pm	Jamaica Trivia	Cabana Grill
2:00pm	Sailing & Windsurfing Lessons	
2:30pm	Auction	Main Beach
3:00pm	Reggae Dance Class	Pool Bar
3:00pm	Snorkeling trip	W/ Sports Hut
3:00pm	Squash Clinic 60 min	S/Complex
3:00pm	Aqua Fit 45 min	Lap Pool
4:00pm	Beginners Tennis Clinic	Complex
5:00pm	Sunset Yoga	Beach Wedding Gazebo
5:00pm	Round Robin Tournament	S/Complex
5:00pm	Powered UP 60min	A/ Studio
6:00pm	CSA Abs 30 min	A/ Studio
8:30pm	Beach Party Pre-show	Main Beach
9:00pm	Beach Party — SHOWCASE	Main Beach
10:30pm	Caribbean Flavor	Aura Nightclub

Daily Activities/

Water Sports

8:30 am-4:00 pm

These activities do not require booking
Pedal Boat; Kayak; Hobie Sail; Windsurf; Skiing; Wake Board;
Knee Board; Sun Fish

Daily Activities/ Water Sports

These activities must be booked a day in advance
Glass Bottom Boat: 9:30am; Snorkel: 11:00am, 1:30pm &
3:00pm: Scuba Certified Dive Trip - 9am & 1:00pm; Beginner
Trip: 8:30am (Mon-Fri)

DAILY

Personal Training, Private Tennis Lessons, Squash &
Racquetball Lessons

7:30am-11:00am & 3:00pm - 7:00pm

Appointments can be made at the Sports Desk

Book at Guest Relations Desk or Tour Desk

3:15 pm - CATAMARAN CRUISE: Every day except
Sundays and Thursdays. Meet at Water sports at 3:00 pm.

8:05am & 1:05pm - GOLF— Daily- (meet at the Great House
Lobby)

SHOPPING TOURS (meet at Great House Lobby)

Mondays and Fridays @ 2:00 pm

Wednesdays and Saturdays @ 10:00 am

5:00pm MARGARITAVILLE - Wednesdays (meet at the
Great House Lobby)

5:00pm PUSH CART — Saturdays, Wednesdays and
Thursdays (meet at the Great House Lobby)

Activities are subject to change without notice

RESTAURANTS OPENING HOURS

PATOIS (Seasonal)

Breakfast: 8:00am — 11:00am

Lunch: 12:30pm - 2:30 pm

Dinner: 6:30pm-9:00pm

Closed on Mondays

LEMON GRASS

Dinner 6:30pm-9:00pm

Reservation Required Closed on Fridays

PALMS

Breakfast: 7:30am-10:30am

Lunch: 12:30pm-2:30pm

Dinner: 6:30pm- 10:00pm

Fridays: 7:00pm- 10:00pm

FEATHERS

Dinner 6:30pm-9:00pm

Reservation Required

Closed on Sundays

CABANA GRILL

11AM-6:00PM

Re-opens Daily 10:00pm-5:00am