



## Daily Activities

Please revert to activities board for any additional classes  
Yoga, Pilates & Personal Training

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30-10.30	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant	Breakfast Hi-Tide @ Restaurant
8:00-8:45	Introduction to Yoga on the beach	Body Stretch on the Beach	Introduction to Yoga on the beach	Body Stretch on the Beach	Introduction to Yoga on the beach		Introduction to Yoga on the beach
9:00-9:45	Introduction to Pilates @ GYM	Introduction to Gym Fitness	Introduction to Pilates @ GYM	Introduction to Gym Fitness	Introduction to Pilates (GYM)		Body Stretch on the Beach
9:00-11:00	Introduction to scuba & snorkelling		Introduction to scuba & snorkelling		Introduction to scuba & snorkelling		
10:00-10:30	Getting to know Bay Garden Beach Resort (Reception)	Getting to know Bay Garden Beach Resort (Reception)	Getting to know Bay Garden Beach Resort (Reception)	Getting to know Bay Garden Beach Resort (Reception)	Getting to know Bay Garden Beach Resort (Reception)	Enjoy the La Mer Spa	
11:00-11:30	H <sub>2</sub> O Workout Main (Pool)	Bingo with Prizes (Restaurant)	H <sub>2</sub> O Workout Main (Pool)	Bingo with Prizes (Restaurant)	H <sub>2</sub> O Workout Main (Pool)		Bingo with Prizes (Restaurant)
12:00-3:00	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant	Lunch @Hi-Tide Restaurant
3:00-3:30	Salsa dance class @ band Gazebo	Caribbean Rhythms dance class @ band Gazebo	Salsa dance class @ Band Gazebo	Caribbean Rhythms dance class @ band Gazebo	Salsa dance class @ (band Gazebo)		
4:00-4:430	Beer drinking competition @ beach bar	Name that Tune @ band Gazebo	Beer drinking competition @ beach bar	Name that Tune @ band Gazebo	Beer drinking competition @ beach bar	Enjoy our Beach & Water Sports	
4.30-5:30	Beach volleyball	Beach Volleyball	Beach volleyball	Beach Volleyball	Beach volleyball		Beach Volleyball
5:30-6:-30	Happy Hour @ Beach bar	Happy Hour @ Beach bar	Happy Hour @ Beach bar	Happy Hour @ Beach bar	Happy Hour @ Beach bar		Happy Hour @ Beach bar
7:00-9:30	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant	Dinner @ Dolphin's Restaurant
7:00-9:30	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant	Dinner @ Hi-Tide Restaurant

\*Please note that the activities may be subject to change - please check the Activities Board @ Band Gazebo or Reception for more information.