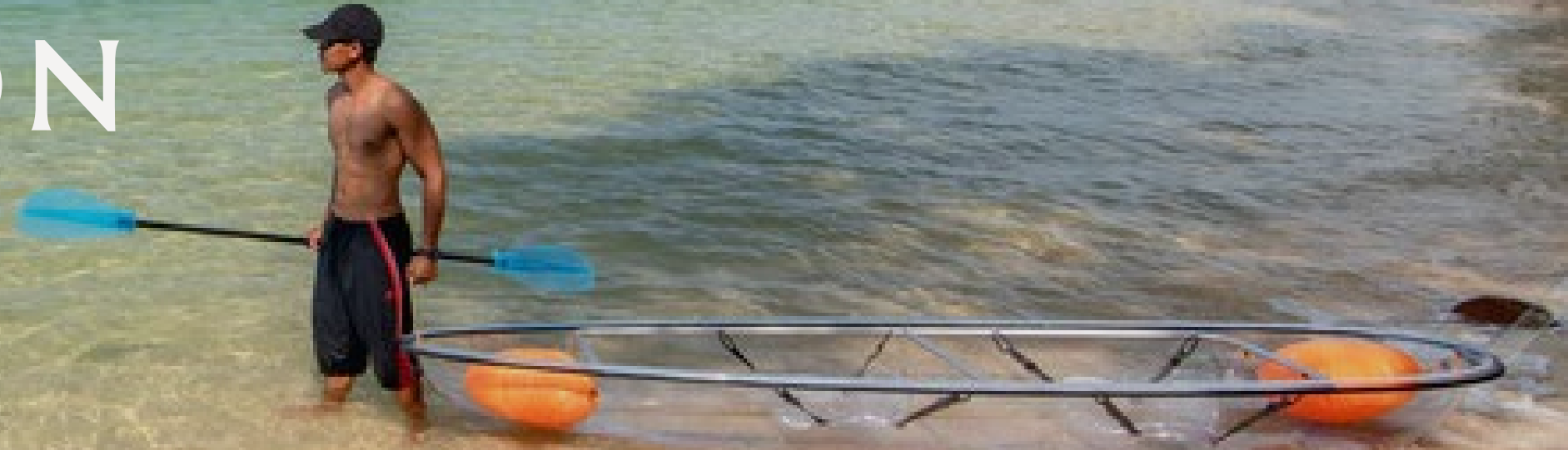


WEEKLY RECREATION PROGRAMME



ACTIVITY	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA EXERCISE	MAIN POOL			14.00 – 15.00			14.00 – 15.00	
TAI CHI	BEACH		8.30 – 9.30				8.30 – 9.30	
POWER WALK		8.30 – 9.30				8.30 – 9.30		
VOLLEYBALL							15.00 – 17.00	
FIT BALL CLASS	FITNESS CENTRE		14.00 – 15.00					
PILATES							14.00 – 15.00	
STRETCHING CLASS				8.30 – 9.30		14.00 – 15.00		
MUAY THAI BOXING		14.00 – 15.00			14.00 – 15.00			
YOGA FOR BEGINNERS						8.30 – 9.30		8.30 – 9.30

Note: All activities require an advance booking of at least one hour. For more information or to make a booking, please contact our Guest Services Centre.