

Weekly Activities Programme

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30 - 08:15				Yoga at the Spa Pavilion [R]	Yoga at the Spa Pavilion [R] \$	Meditation at the Spa Pavilion [R]	
08:00 - 08:45	Hand Line Fishing [R] \$ 08:00 - 10:00	Morning Kayak from the Main Beach [R]	Archery [R] \$ 09:00 - 10:00	Hand Line Fishing [R] \$ 08:00 - 10:00	Morning Kayak from the Main Beach [R]	Archery [R] \$ 09:00 - 10:00	Morning Kayak from the Main Beach [R]
10:00 - 10:45	Aqua Fitness at the Salt Water Pool [R] \$	Hand Massage Workshop at the Spa [R]	Facial Workshop at the Spa [R] \$	Massage Methods at the Spa [R]	Meet the Practitioners at the Spa [R]	Stretching at the Main Beach [R]	Ziggy Bay Water Initiatives Tour from Sablah
11:00 - 11:45	Arabic Lesson in Maktabah [R]	Organic Garden Tour from Sablah	Arabic Lesson in Maktabah [R]	Ziggy Bay Water Initiatives Tour from Sablah	Organic Garden Tour from Sablah	Organic Garden Tour from Sablah	
16:00 - 16:45		Martini Mixology: Shaken vs. Stirred in Ziggy Bar	Wellness Workshop with Steve in Boardroom [R]	Organic Herbal Mixology in Ziggy Bar			High Tea in Ziggy Bar
	Hiking [R] \$ 16:00 - 18:00	Pétanque at the Pétanque Court		Pétanque at the Pétanque Court	Boot Camp at the Jungle Gym [R] \$	Hiking [R] \$ 16:00 - 18:00	Boot Camp at the Jungle Gym [R] \$
17:00 - 18:00	No Rush Hour-Sense of Rest in Ziggy Bar \$	No Rush Hour-Sense of Samba in Ziggy Bar \$	No Rush Hour-Sense of Classics in Ziggy Bar \$	No Rush Hour-Sense of Organic in Ziggy Bar \$	No Rush Hour-Sense of Passion in Ziggy Bar \$	No Rush Hour-Sense of Fruit in Ziggy Bar \$	No Rush Hour-Sense of Creation in Ziggy Bar \$
		Arabic Lesson in Maktabah [R]			Yoga at the Spa Pavilion [R] \$	Yoga at the Spa Pavilion [R] \$	
21:30	Cinema Paradiso on the Main Beach			Cinema Paradiso on the Main Beach			

[R] denotes reservation necessary | \$ denotes chargeable activity | morning activities must be confirmed night prior | for safety reasons, please arrive on time