

RAYYA WELLNESS AND RECREATION ACTIVITIES



| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------------------|--|--------------|--|--------------------|---------------|----------------|
| 08.30-09.30 am | Yoga* | Yoga* | Yoga* | Yoga* | Yoga* | Yoga* | Yoga* |
| 10.00 - 10.30 am | Stretching (beach) | Body and Mind | | ABS | Stretching (beach) | Body and Mind | ABS |
| 11.00 – 11.30 am | Kayak | Kayak | Kayak | Kayak | Kayak | Kayak | Kayak |
| 2.30-3.00pm | Water Gym | Zumba | | Pilates Ball | Resistance Band | Pilates | Cross Fit |
| 3.00 - 3.30 pm | Table Tennis | Table Tennis | Table Tennis | Table Tennis | Table Tennis | Table Tennis | Table Tennis |
| 4.00-4.30 pm | Archery | Archery | Archery | Archery | Archery | Archery | Archery |
| 4.30- 5.00 pm | Badminton | Badminton | Badminton | Badminton | Badminton | Badminton | Soccer 5a Side |
| 5.00-6.00pm | Meditation* | Relaxation* | Meditation* | Relaxation* | Meditation* | Pranayama* | Meditation* |
| 6.30-8.00 pm | | Movie Night Swimming pool area 6.30-8 pm | | Movie Night Swimming pool area 6.30-8 pm | | | |