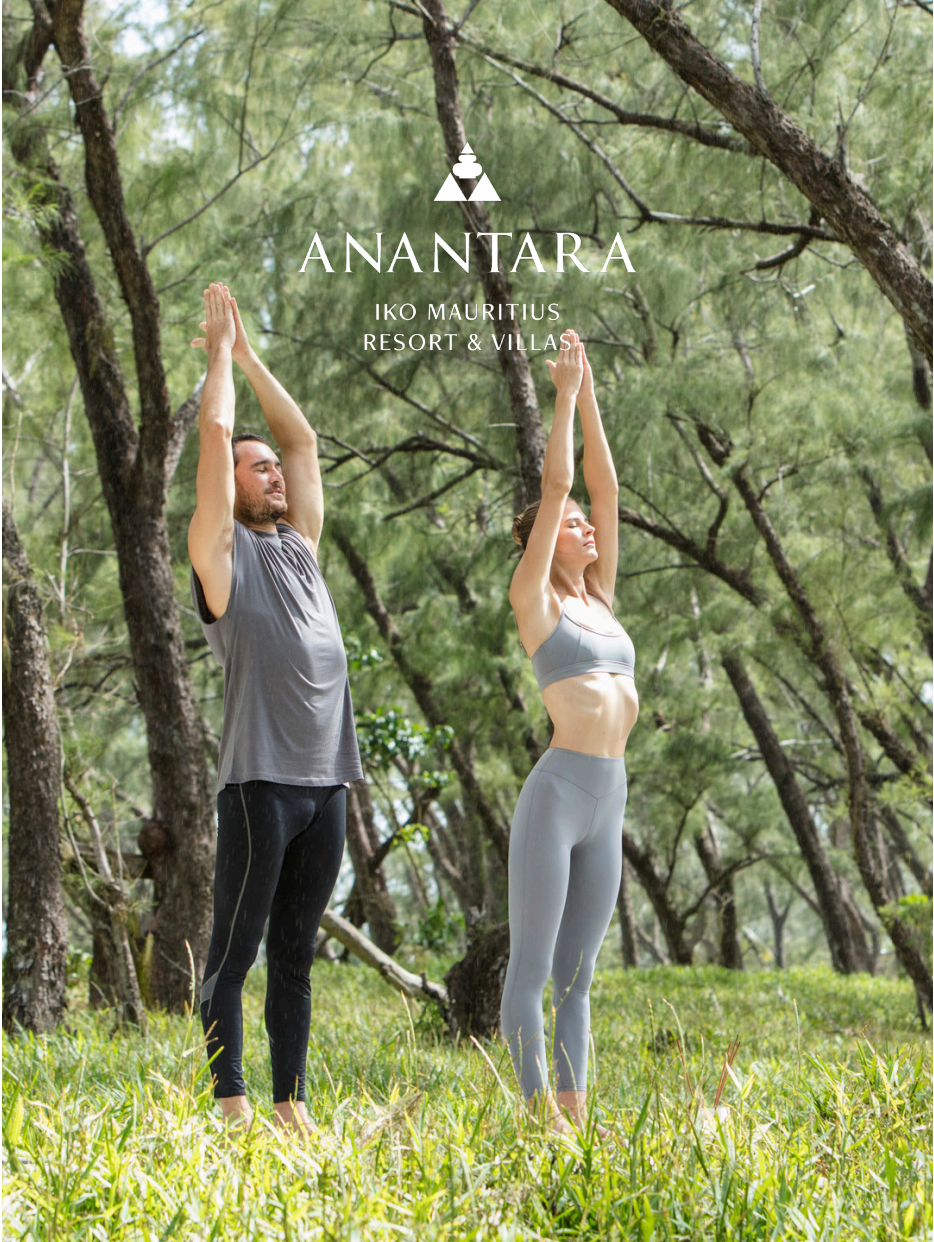




ANANTARA

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ACTIVITY PROGRAMME

Chargeable Activities

Wine Tasting

Tennis Session:

- Adult lesson 1 hour
- Adult packages lesson 5 session of 1 hour each
- Kids lessons 30 minutes
- Kids packages lesson 5 Sessions of 30 minutes each
- Duo lesson 1 hour
- Duo packages 5 sessions
- Sparring partner 1 hour

Private Fitness Class

Private Holistic Classes (meditation,yoga,aqua yoga,aqua yoga)

Call extension 1642

Legend



Easy



Medium



Hard



A pre-booking of 24 hours is required for all listed activities. Activities with ** are chargeable.

EXT (1642)







Scan to download the Anantara App to get the latest activity programme

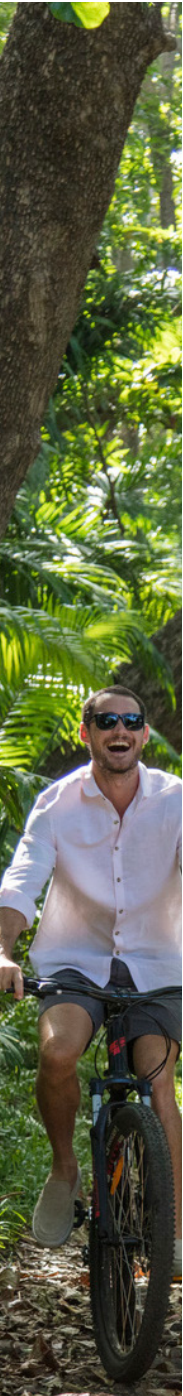
MONDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	TAI CHI	Fitness Centre	Teens & Adults		
09:15	PRE WORKOUT JUICE	Ti Baz	Teens & Adults		
09:30	FULL BODY WORKOUT	Fitness Centre	Teens & Adults 16+ minimum age restriction		 Sportswear
10:00 11:15 13:00	REIKI	Anantara Spa	<p>Reiki is a Japanese healing technique of stress reduction and relaxation response which is offered through light, non-invasive touch. It promotes overall sense of well-being and holistic health.</p> <p>Beneficial for: Chakra Test, Pain management, Chakra balancing, Headache, Stress relief, Sleep</p> <p>MUR 4800 per person - 90 minutes</p>		
11:15	AQUA GYM	Fitness Centre	Teens & Adults		
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family		 Swimsuit
<p>Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40</p>					
15:00	VOLLEYBALL	Fitness Centre	Teens & Adults		
16:30	PILATES	Fitness Centre	Teens & Adults		
17:00	RHUM TASTING	Ti Baz	ADULTS 18+ minimum age restriction		



TUESDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	YOGA	Fitness Centre	Teens & Adults		
09:15	BIKE TOUR – PONT NATUREL	Fitness Centre	Teens & Adults 16+ minimum age restriction		 Sportswear
10:00	SMOOTHIE DEMONSTRATION	Ti Baz	Family	Ideal start, learn and taste our best fruit & veggie mix.	
14:30	BEACH TENNIS	Volleyball pitch	Teens & Adults		 Swimsuit
16:00	FRUITS SALAD TASTING	Ti Baz	Family	<i>Gout nu salad / Taste our Mauritian style fruit salad</i>	
16:30	FOOTBALL TOURNAMENT	SFS Playgroud	Teens & Adults		
17:00	POST WORKOUT SMOOTHIE	Ti Baz	Teens & Adults		



WEDNESDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	RELAXING MEDITATION	Fitness Centre	Teens & Adults		
09:15	KILLING ABS	Fitness Centre	Teens & Adults 16+ minimum age restriction		 Sportswear
09:30	DETOX CLASS DEMONSTRATION	Ti Baz	Teens & Adults		
12:00	LOCAL SNACKS DEMONSTRATION	Ti Baz	Family		
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family		 Swimsuit
Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40					
15:00	POWERWALK TO ROYAL PALM FOREST	Fitness Centre	Teens & Adults 16+ minimum age restriction		 Sportswear
16:00	TEA TASTING	Library			
16:30	SLACKLINE	Fitness Centre	Teens & Adults 8+ minimum age		

THURSDAY





TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	Qi Qong	Fitness Centre	Teens & Adults		
09:15	TRAIL TO BLUE BAY	Fitness Centre	Teens & Adults 16+ minimum age restriction	 Duration: 2hr30	 Sportswear
14:00	TENNIS INITIATION	Tennis Court	Teens & Adults 18+ minimum age restriction	 Duration: 45min	 Sportswear
15:00	PETANGUE	Fitness Centre	Teens & Adults	 Duration: 30min	
16:30	VOLLEYBALL	Volleyball Pitch	Teens & Adults 16+ minimum age restriction		 Sportswear
17:00	PILATES	Fitness Centre	Teens & Adults		 Sportswear
18:00	WINE TASTING**	Cellar 1884	Adults 18+ minimum age restriction		

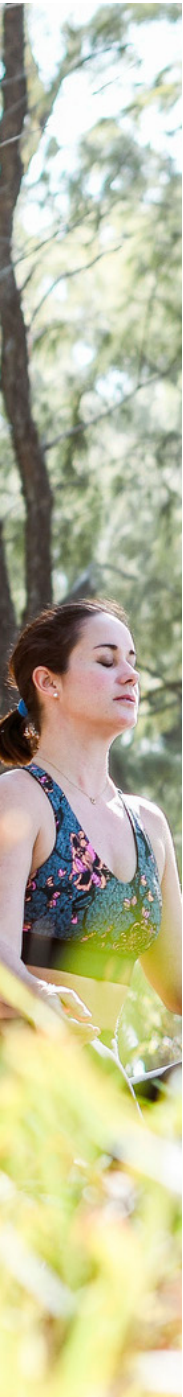


FRIDAY




TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	MANASANA MEDITATION	Fitness Centre	Teens & Adults		
09:15	CIRCUIT TRAINING	Fitness Centre	Teens & Adults 16+ minimum age restriction		 Sportswear
09:30 10:45 14:00	EDUCATIONAL CORAL FARMING	Boat House/ Reception	Family 18+ Minimum age restriction		 Swimsuit
10:00	SMOOTHIE DEMONSTRATION	Ti Baz	Family		
11:00	AQUA GYM	Karokan Pool	Teens & Adults 16+ minimum age restriction		 Swimsuit
14:00	SNORKELING / GLASS BOTTOM	Main Reception	Family		 Swimsuit
Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40					
14:30	BEACH TENNIS	Volleyball pitch	Teens & Adults		 Swimsuit
16:30	YOGA STRETCH	Fitness Centre	Teens & Adults		
17:00	RHUM TASTING	Ti Baz	Adults 18+ minimum age restriction		

SATURDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:15	POWER YOGA	Fitness Centre	Teens & Adults		
09:15	TRAIL TOUR – PONT NATUREL	Fitness Centre	Teens & Adults 16+ minimum age restriction	 Duration: 3hr	 Sportswear
A stunning route through the wild south to enjoy a spectacular scenery. A must do!					
10:00	VEGGIE DRINK	Ti Baz	Teens & Adults	Vegs can also have a nice taste! Try one.	
14:00	FRUITS SALAD TASTING	Ti Baz	Family	<i>Gout nu salad</i> / Taste our Mauritian style fruit salad	
16:30	RELAXING STRETCHING	Fitness Centre	Teens & Adults		
17:00	COCKTAIL DEMONSTRATION & TASTING	Ti Baz	Adults 18+ minimum age restriction		



SUNDAY

TIME	ACTIVITIES	MEETING POINT	CATEGORY	STRENGTH	DRESS CODE
08:30	STRETCHING	Fitness Centre	Teens & Adults		 Sportswear
09:15	ARCHERY	Volleyball Pitch	Family 16+ minimum age restriction		
Channel your inner Robin Hood and shoot for the bull's eye.					
10:00	MOCKTAIL DEMONSTRATION & TASTING	Ti Baz	Teens & Adults		
10:30	TABLE TENNIS COMPETITION	Fitness Centre	Teens & Adults 16+ minimum age restriction		
13:30	CARICATURE	Karokan Bar	Family		
14:30	CREOLE LESSON	Fitness Centre	Family		
16:00	VOLLEYBALL	Volleyball Pitch	Teens & Adults 13+ minimum age restriction		
18:00	WINE TASTING**	Cellar 1884	Adults 18+ minimum age restriction		





E-Bike Tour

Tour accompanied with a guide.
Booking policy: 24Hrs in advance
Age :15 years +

The Mahébourg Market Monday

Departure: 09:30 a.m
Meeting point: Fitness Centre
Age :15 years +
Duration: Half day

Price per person: Rs 1800 (including Cereal Bar and water)

Nature Trip Pont Naturel Monday to Saturday (At any Time)

Departure: as per guest choice
Meeting point: Fitness Centre
Duration: Half day

Price per person: Rs 2300 (including Cereal Bar and water)

Balade Discovery to Mahebourg Waterfront & Blue Bay Public Beach

Monday to Saturday (At any Time)

Departure: As per guest choice
Meeting point: Fitness Centre
Duration: Half day

Price per person: Rs 2300 (including Cereal Bar and water)

Call Extension: 1642



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