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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8h30-9h30	Rise and shine yoga  Meeting point Fitness Center	8h30 -9h30 Core Stability  Meeting point Fitness Center	8h30 -9h30 Wake Up Gym  Meeting point Fitness Center	8h30-9h30 Early morning Fitness Swim  Meeting point Fitness Center	08h00 9h30 Morning Trail Jog  Meeting point Fitness Center	8h30-9h30 Rise and Shine Yoga  Meeting point Fitness Center	08h00-9h30 Early Morning Fitness Swim  Meeting point Fitness Center
11h30-13h00	Snorkeling to Fish cave (300SCR per person)  Meeting point Beach Pavilion	12h00-13h00 Aqua Gym  Meeting point Main Pool	11h30-13h00 Snorkeling to Fish cave (300SCR per person)  Meeting point Beach Pavilion	10h30-11h30 Body Sculpt  Meeting point Fitness Center	11h30-13h00 snorkeling to Fish cave (300SCR per person)  Meeting point Beach Pavilion	10h30 -11h30 Abs Session  Meeting point Fitness Center	11h30-13h00 Snorkeling to Fish cave (300SCR per person)  Meeting point Beach Pavilion
12h00 -13h00	Aqua Gym  Meeting point Main Pool	16h00-17h00 Coconut Show  Meeting point Beach Pavilion	16h00-17h00 Tortoise Feeding  Meeting point Beach Pavilion	15h00-16h00 Traditional Dance Class  Meeting point Beach Pavilion	15h30 -17h00 Kempinski Photo Experience  Meeting point Beach Pavilion	11h30-13h00 Snorkeling to Fish cave (300SCR per person)  Meeting point Beach Pavilion	16h00-17h00 Kempinski cocktail Workshop  Meeting point Wind-song Bar
16h00-17h00	Tennis Social Tournament  Meeting point Tennis Court	18h00- 19h00 Evening power walk  Meeting point Fitness Center	17h00—18h00 Football Tournament  Meeting point Beach Pavilion	16h00-17h00 Learn Basic Creole Language  Meeting point Kids Club	16h30-17h30 The History and Culture of the Seychelles (200SCRper person)  Meeting point Beach Pavilion	17h30-18h30 Cardio Segga Dance Work out  Meeting point Fitness Center	17h30-18h30 Football Tournament Guest/Colleagues  Meeting point Beach Pavilion
17h00-18h00	Tortoise Feeding  Meeting point Beach Pavilion		18h00-19h00 Tennis Social Nights  Meeting point Tennis court	17h00-18h00 Nature Walk And Talk  Meeting point Beach Pavilion	17h30-18h30 Volleyball Tournament Guest /Staffs  Meeting point Beach Pavilion		

Kindly make your Booking Reservation should you be interested to join us in the Activities by dialing the Extension number 6672 or 6605. All Prices are inclusive of 10% service charge and 15% V.A.T

The activities can be cancelled due to bad weather conditions. Cancellation fee will be applied for all payable activities if not cancelled within 24 hours before hand.