

# ADULT ACTIVITIES PROGRAM

Time   Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Enjoy your day</b>							
<b>07:00-08:00</b>		<b>Boot Camp</b> Meet at Gym		<b>Aqua Tai Qi</b> Meet at Pool		<b>Boot Camp</b> Meet at Gym	
<b>10:00-11:00</b>	<b>Abs Workout</b> meet at Gym	<b>Fit Ball</b> meet at Gym	<b>Muay Thai</b> meet at Gym	<b>Pilates</b> meet at Gym	<b>Yoga</b> meet at Gym	<b>Stretching</b> meet at Gym	<b>Body Workout</b> meet at Gym
<b>12:00-15:00</b>	<b>Lunch break</b>						
<b>15:00-16:00</b>		<b>Tai Qi</b> Meet at Gym		<b>TRX Power</b> Meet at Gym		<b>Ping Pong Tournament</b> Meet at Gym	
<b>16:00-17:00</b>	<b>Local Market Tour</b> meet at Gym		<b>Social Tennis</b> Meet at Gym		<b>Local Market Tour</b> meet at Gym		<b>Social Tennis</b> meet at Gym

**Remark:**

Activities are complimentary for Andara in house guests. Please call 670 from Residence or 81 670 from Villas for more information and to reserve an activity at least 1 hour in advance.