

## MONDAY 3<sup>rd</sup> July

08:15	Hatha yoga	Nira Spa
10:30	Kayak guided tour	Boathouse
14:15	Beach bocce ball	Boathouse
15:00	Singing bowl meditation	Nira Spa
16:00	Yoga bike tour (MUR 350pp)	Nira Spa
17:30	Vinyasa yoga (MUR 750pp)	Nira Spa

## TUESDAY 4<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
10:30	Guided snorkeling tour	Boathouse
14:00	Guided bike tour (MUR 350pp)	Nira Spa
14:30	Beach soccer	Boathouse
15:30	Breathing practice	Nira Spa
17:30	Power yoga (MUR 750pp)	Nira Spa

## WEDNESDAY 5<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
10:30	30 mins Tennis initiation with a Pro-Coach	Nira Spa
11:00	Stand up paddle initiation	Boathouse
15:00	Plyometric cardio circuit	Gym
15:15	Beach bocce ball	Boathouse
16:00	Power yoga (MUR 750pp)	Nira Spa
16:30	Aquacasia cooking classes (MUR 2,500pp)	Rum Shed
17:30	Afternoon jogging with our gym instructor	Gym

## THURSDAY 6<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
08:30	Stretching on the beach	Gym
10:00	Introduction to Kite surfing	Boathouse
15:00	Breathing meditation (MUR 750pp)	Nira Spa
15:00	Table tennis competition	Gym
15:30	Cardio workout	Gym
16:30	Aquacasia cooking classes (MUR 2,500pp)	Rum Shed
17:30	Sunset yoga on the beach (MUR 750pp)	Nira Spa

Personal trainer – Please contact Nira Spa on extension 7154 for your tailored-made sessions as Gym/Fitness, Tennis, Swimming, Pilates, Yoga and Meditation.

Wave riding and Kite surfing school available at the Boathouse. Please book 24hrs at the Boathouse or at the Concierge Desk.

Enjoy your tailor-made excursion in our Hotel Limousine AUDI Q7 organized by our Concierge team. Please book 24hrs at the Concierge Desk.



## FRIDAY 7<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
11:15	Windsurfing initiation	Boathouse
15:00	Om chanting meditation	Nira Spa
16:00	Reflexology workshop	Nira Spa
16:30	Aquacasia cooking classes (MUR 2,500pp)	Rum Shed
17:30	Iyengar yoga on the beach (MUR 750pp)	Nira Spa

## SATURDAY 8<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
14:30	Diving initiation	Main pool
15:00	Body weight workout	Gym
15:30	Kundalini meditation (MUR 750pp)	Nira Spa
16:30	Aquacasia cooking classes (MUR 2,500pp)	Rum Shed
17:30	Pilates floor mat workout	Nira Spa

## SUNDAY 9<sup>th</sup> July

08:15	Hatha yoga	Nira Spa
08:30	Morning jogging with our Gym instructor	Gym
11:15	Zayak initiation	Nira Spa
15:00	Guided meditation	Nira Spa
15:30	Beach soccer	Boathouse
15:30	Core stability workout	Gym

## SPORTS FAN'S CORNER

MONDAY	Wimbledon Day 1-Sgl 1 <sup>st</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 3 Verviers:Longwy 202km @14:10	BAR
TUESDAY	Wimbledon Day 2-Sgl 1 <sup>st</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 4 Mondorf-Les Bains-Vittel @ 14:15	BAR
WEDNESDAY	ICC Women's Cricket -England vs. South Africa @ 13:00	BAR
	Wimbledon Day 3-Sgl 2 <sup>nd</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 5 Vittel:Planche des belles filles @ 15:05	BAR
THURSDAY	Wimbledon Day 4-Sgl 2 <sup>nd</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 6 Vesoul -Troyes 216 Km @ 14:00	BAR
FRIDAY	Wimbledon Day 5-Sgl 3 <sup>rd</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 7 Troyes:Nuits Saint Georges 214 Km @14:00	BAR
SATURDAY	Wimbledon Day 6-Sgl 3 <sup>rd</sup> Round @ 14:30	BAR/SS2
	Tour de France Stage 8 Dole: Station des rousses 187 Km @ 14:05	BAR
	FIM Superbike World Championship US SBK Superpole @ 21:45	BAR
SUNDAY	F1:Grosser Preis Von Osterreich Main Race @ 14:30	BAR

### In-Room-Cinema with video on demand:

The complimentary in-room-entertainment system provides up to 100 up to date blockbuster in up to 6 languages, please see following highlights of the new releases:

Pension Complète - **Comedy**  
Fifty Shades Darker - **Drama**

OPENING PERIOD  
From 27th February to 5th March

## THE CULINARY ART IS SACRED

### MONDAY

18:30 – 22:30 RUM SHED  
A LA CARTE DINNER

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

20:00 – 22:00 RED GINGER BAR  
LIVE PIANO MUSIC

### TUESDAY

18:30 – 22:00 THE HERB GARDEN  
LA KAZE MAMA "Authentic Mauritian Experience"  
LIVE MUSIC

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

### WEDNESDAY

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

18:30 – 22:30 RUM SHED  
A LA CARTE DINNER

### THURSDAY

18:30 – 22:00 STARS RESTAURANT  
SEAFOOD BUFFET

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

20:00 – 22:00 RED GINGER BAR  
LIVE PIANO MUSIC

### FRIDAY

18:30 – 22:00 THE HERB GARDEN  
LA KAZE MAMA "Authentic Mauritian Experience"  
LIVE MUSIC

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

### SATURDAY

18:30 – 22:00 RUM SHED  
BEACH BARBECUE DINNER

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

### SUNDAY

18:30 – 22:00 STARS RESTAURANT  
MEDITERRANEAN BUFFET

18:30 – 22:00 STARS RESTAURANT  
A LA CARTE DINNER

## 24 HRS AVAILABLE ROOM SERVICE

### The "In Villa Dining" Mauritian Experience

Relax in the hushed privacy of your personal villa and be accompanied by excellent food at any time of the day or night. With impeccable and subtle service, a range of choice dishes and the privilege of utmost privacy, the In-Villa Dining experience is one of melodic exclusivity to be treasured in memory. " Pique your palate with an eclectic fusion of delicious cuisine distilled into the distinctive aromas of Mauritian cooking "

## SPECIAL RECOMMENDATION

### Divine Beach Dinner . . .

Enjoy a romantic BBQ dinner on the beach with your loved one on South of Mauritius. Enjoy the discrete attention of your butler team who will set the scene to perfection from organising the music to the romantic candle lit venue.

An evening to remember.....

**Please book 24hrs in advance**



La Kaze Mama



Stars Restaurant



Rum Shed



Fish shack



Private beach dinner