Where Beautiful Stories Unfold – December 2019 Resort Recreations Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am - 8.00am	*Sunrise Fishing Marine Centre	*Discover Snorkeling Marine Centre	*Sunrise Fishing Marine Centre	*Discover Snorkeling Marine Centre	*Sunrise Fishing Marine Centre	*Discover Snorkeling Marine Centre	*Sunrise Fishing Marine Centre
7.00am - 8.00am	Hatha Yoga Café Umi Beachfront	Asthanga Yoga Yoga Pavilion	Hatha Yoga Yoga Pavilion	Vinsaya Yoga Café Umi Beachfront	Asthanga Yoga Lighthouse	Hatha Yoga Café Umi Beachfront	Vinsaya Yoga Lighthouse
9.00am - 10.00am	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion
11.00am - 12.00pm	TRX Suspension Training Fitness Center			Swiss ball Training Fitness Center	Weight/Strength Training Fitness Center	Abs & Core Workout Fitness Center	Functional Cross Fit Fitness Center
1.00pm - 3.00pm	*A Culinary Journey	* A Culinary Journey	*A Culinary Journey	* A Culinary Journey	*A Culinary Journey	*A Culinary Journey	*A Culinary Journey
3.00pm - 4.00pm	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion	Hatha Aerial Yoga Yoga Pavilion
4.00pm - 4.30pm	Traditional Chinese Medicine-Joy to the World Retreat	Marine Life Retreat 4.00pm-4.45pm	Traditional Chinese Medicine-Play. Love, Eat and Work Retreat	Close Up with Manta Trust Retreat 4.00pm-4.45pm	Boduberu Class Collective	Reef Restoration at Maamunagau Retreat 4.00pm-4.45pm	Close up with Manta Trust Retreat 4.00pm-4.45pm
4.30pm - 5.30pm	Beach Boot Camp Café Umi Beachfront 4.30pm-5.15pm	*Island Painting Lighthouse Beachfront		Flexibility Exercise Fitness Centre 4.30pm-5.15pm	Couple Cross Fit Fitness Center 4.30pm-5.15pm	Beach Boot Camp Café Umi Beachfront 4.30pm-5.15pm	Beach Fitness Café Umi Beachfront 4.30pm-5.15pm
5.00pm - 6.00pm	*The Wine Game with Head Sommelier Wine Cellar Dolphin Cruise Marine Cente 5.30pm-6.30pm	*Secret of Cocktail Art with Head Mixologist Pool Bar	Dolphin Cruise Marine Cente 5.30pm-6.30pm		*The Wine Game with Head Sommelier Wine Cellar Dolphin Cruise Marine Cente 5.30pm-6.30pm	*Secret of Cocktail Art with Head Mixologist Pool Bar	*Catamaran Adventures Marine Centre
6.00pm - 7.00pm	Pranayama Yoga Pavilion 6.00pm-6.30pm	Dhyana Sadhana Meditation Yoga Pavilion 6.00pm-6.30pm *Sunset Cruise Marine Centre 6.15pm - 7.15pm	Bhramari Meditation (Humming Bee) Yoga Pavilion 6.00pm-6.30pm	Chakra Darshana Meditation Yoga Pavilion 6.00pm-6.30pm *Sunset Cruise Marine Centre 6.15pm - 7.15pm	Pranayama Yoga Pavilion 6.00pm-6.30pm	Yoga Nidra Meditation Yoga Pavilion 6.00pm-6.30pm *Sunset Cruise Marine Centre 6.15pm – 7.15pm	Bhramari Meditation (Humming Bee) Yoga Pavilion 6.00pm-6.30pm
9.00pm	Movie Under The Stars Café Umi Beachfront			Movie Under The Stars Café Umi Beachfront			Movie Under The Stars on 22nd, 25th & 29th Café Umi Beachfront, 8.30pm

**Activities highlighted may be enjoyed at a nominal fee bookable through your Island Curators.*
Kindly be informed that all activities at Lighthouse are subject to weather conditions.