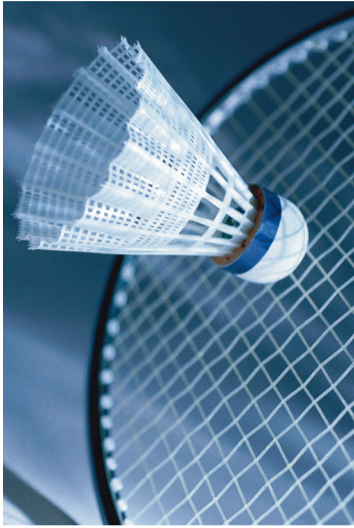
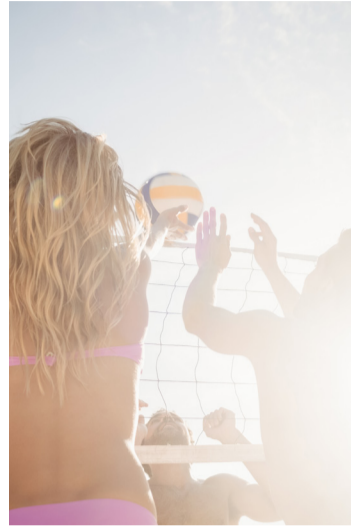


# daily recreational activities



## Sunday

7.00 am - 7.30 am	Lap swimming *
8:30 am - 9.00 am	Paddle ball
9.00 am - 10.00 am	Dart games
10.00 am - 11.00 am	Billiard king
2.00 pm - 3.00 pm	Water polo
3.30 pm - 4.30 pm	Badminton
5.00 pm - 5.30 pm	Boot camp *
5.00 pm - 6.00 pm	Football
6.00 pm - 7.00 pm	Tennis *\$



## Monday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30am	Boot camp *
9.00 am - 9.30 am	ABS class *
10.00 am - 11.00 am	Billiard king
2.00 pm - 3.00 pm	Water polo
4.00 pm - 5.00 pm	Spike ball
5.00 pm - 6.00 pm	Beach volleyball
6.15 pm - 6.45 pm	Sunset stretching *
7.30 pm - 8.30 pm	Tennis *\$



## Tuesday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30 am	TRX class *
9.00 am - 10.00 am	Bocce ball
10.00 am - 11.00 am	King of the table
1.00 pm - 2.00 pm	Dart games
2.00 pm - 3.00 pm	Water polo
3.30 pm - 4.30 pm	Badminton
5.00 pm - 5.30 pm	Body shape *
6.45 pm - 7.15 pm	Sunset stretching *
7.30 pm - 8.30 pm	Tennis *\$



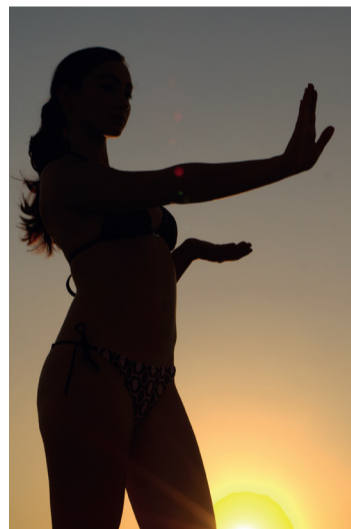
## Wednesday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30 am	ABS class *
9.00 am - 10.00 am	Billiard king
10.00 am - 11.00 am	King of the table
1.00 pm - 2.00 pm	Dart games
2.00 pm - 3.00 pm	Water polo
4.00 pm - 4.30 pm	Croquet
4.30 pm - 5.30 pm	Beach volleyball
6.45 pm - 7.15 pm	Sunset stretching *
7.30 pm - 8.30 pm	Tennis *\$



## Thursday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30 am	TRX class *
9.00 am - 10.00 pm	Billiard king
10.00 am - 11.00 am	King of the table
1.00 am - 2.00 pm	Dart games
2.00 pm - 3.00 pm	Water polo
5.00 pm - 6.00 pm	Football
6.45 pm - 7.15 pm	Sunset stretching *
7.30 pm - 8.30 pm	Tennis *\$



## Friday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30 am	Boot camp *
8.30 am - 8.00 am	ABS class *
9.00 am - 10.00 am	Billiard king
10.00 am - 11.00 am	King of the table
1.00 pm - 2.00 pm	Dart games
2.00 pm - 3.00 pm	Water polo
4.30 pm - 5.30 pm	Spike ball
6.45 pm - 7.15 pm	Sunset stretching *



## Saturday

6.45 am - 7.15 am	Sunrise stretching *
8.00 am - 8.30 am	TRX class *
9.30 am - 10.30 am	Bocce ball
10.30 am - 11.30 am	Billiard king
1.00 pm - 2.00 pm	Dart games
2.00 pm - 3.00 pm	Water polo
4.00 pm - 4.30 pm	Circuit training *
4.30 pm - 5.30 pm	Beach volleyball
6.45 pm - 7.15 pm	Sunset stretching *
7.30 pm - 8.30 pm	Tennis *\$