

# Wellness

## WEEKLY ACTIVITIES

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### MONDAY

#### Beach Yoga

08:00–09:00  
Complimentary

#### Aqua FIT

12:00–13:00  
USD 70

#### Restorative Yoga

17:00–18:00  
USD 90

### TUESDAY

#### Sunrise Flow

06:00–07:00  
USD 65

#### KIDS Hip Hop Dance

11:30–12:30  
USD 40

#### Beach Zumba

17:00–18:00  
USD 50

### WEDNESDAY

#### Power Shoreling Walk

08:00–09:00  
Complimentary

#### Aqua FIT

12:00–13:00  
USD 70

### THURSDAY

#### Sunrise Flow

06:00–07:00  
USD 65

#### Fitness

10:00–11:00  
Complimentary

#### Meditation

17:00–18:00  
USD 65

### FRIDAY

#### Beach Yoga

08:00–09:00  
Complimentary

#### Aqua FIT

12:00–13:00  
USD 70

#### Beach Zumba

17:00–18:00  
USD 50

### SATURDAY

#### Sunrise Flow

06:00–07:00  
USD 65

#### Kids Yoga

11:30–12:00  
Complimentary

#### Restorative Yoga

17:00–18:00  
USD 90

### SUNDAY

#### Fitness

10:00–11:00  
Complimentary

Reservations are required. All prices are subject to 10% service charge and 12% Government tax. Personal classes and family classes are available upon request. Kindly contact Villa Host for reservation.

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# Food & Beverage

## WEEKLY ACTIVITIES

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### GLOW RESTAURANT

#### Opening Hours

**Breakfast** 07:00–10:30

**Lunch** 12:30–16:00

**Dinner** 18:00–22:00

Glow Restaurant is an all-day dining restaurant that dishes up a tempting menu of International specialties. From a fresh breakfast buffet and a la carte menu to an expansive delicatessen, to an around-the-world gastronomic dinner, Glow Restaurant & Bar offers the best in creative, international cuisine.

### INTI

#### Opening Hours

**Dinner** 18:30–22:00

Get whisked away on a Peruvian and Japanese culinary journey, with a live sushi bar and outdoor terrace for stunning views of the Indian sea. Simple, but superbly executed, savor the delightful flavors found in the tableside made, smoky guacamole or 5 course fresh fish Ceviche tasting. Sip on an iced Peruvian drink, warm sake or Pisco sour and let the smells and sounds of Peru and Japan fill the air

### GLOW BAR

#### Opening Hours

**08:00–00:00**

Island-inspired bites and refreshments; but as the sun sets, the Bar becomes a sophisticated cocktail area with an addictively original soundtrack.

### BEACH ROUGE

#### Opening Hours

**10:00–00:00**

A hint of the French Riviera in the airy white-and-red decor. In the lounge area, cocktails and tapas make for lazy days and cool evenings by the Indian Ocean: flop down on cushions on the beach to the upbeat sound of top international DJs.

### CAFÉ LUX\*

#### Opening Hours

**06:00–19:00**

Follow the scent of freshly roasted coffee beans to Café LUX\* and enjoy the resort's own-blend coffee however you like it. Cold-press, pour-over, nitro or just a perfectly frothed cappuccino – the LUX\* barista. This coffee is characterized by its exotic flavour and subtle aroma of freshly roasted coffee.

### ICI

#### Opening Hours

**10:30–18:00**

An array of exotic flavors of Ice creams, sorbets and lollies made in house. ICI spoils everyone with the intensity of fragrance and flavors. The standard flavors that should always be available include Ice creams and dairy free sorbets.

### LUX\* MASTER CHEF

A Master Chef meal made with foodie friends or family is an experience you'll always remember.

Kindly contact your Villa Host to make reservations

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## WEEKLY ACTIVITIES

| MONDAY      | TUESDAY     | WEDNESDAY      | THURSDAY        | FRIDAY        | SATURDAY      | SUNDAY         |
|-------------|-------------|----------------|-----------------|---------------|---------------|----------------|
| Banana boat | Cake Boss   | Treasure Trail | Cinema Paradiso | Henna tatoos  | Junior Yoga   | Under sea talk |
| 16:00–16:15 | 16:00–17:00 | 16:00–17:00    | 19:30–20:30     | 16:00–17:00   | 11:30–12:00   | 14:30–15:30    |
| USD 50      | USD 23      | COMPLIMENTARY  | COMPLIMENTARY   | COMPLIMENTARY | COMPLIMENTARY | COMPLIMENTARY  |

Reservations are required. All prices are subject to 10% service charge and 12% Government tax. Personal classes and family classes are available upon request.