



Daily Activity Schedule

Day	Session 1	Session 2	Session 3	Dining Schedule	Entertainment
Monday	Stretch + Relax 8:00am Chattel Bar	Mixology 4:00 pm Lobby	Welcome Reception 6:00 pm La Salsa	A la Carte 6:30pm-9:30pm La Salsa	Live Entertainment 7:30-9:30pm La Salsa
Tuesday	Breathwork 7:30am Gully	Gully Walk 10:00am Lobby	Cooking Demonstration 4:00pm La Salsa	Caribbean Dinner 6:30-9:30pm Chattel Bar	Games Night 6:30-9:30 pm Chattel Bar
Wednesday	Yoga 7:30am Chattel Bar	Glass Bottom Boat 10:00am Lobby	Speightstown Tour 2:00-3:00pm Lobby	BBQ Buffet 6:30-9:30pm La Salsa	Live Entertainment 7:30-9:30pm Poolside
Thursday	Meditation 8:00am Gulley	Shuttle to Haymans 11:30-1:00pm Lobby	Salsa Lessons 5:30-8:00pm Haymans	A la Carte 6:30-9:30pm La Salsa	Rum + Rhythm Cocktails 8:30-11:30pm La Salsa
Friday	Sound Healing 9:00am Gully	Gully Walk 10:00am Lobby	Beach Walk + Dip 4:00pm Lobby	Fish Fry 6:30-9:30pm Chattel Bar	Live Entertainment 7:30-9:30pm Chattel Bar
Saturday	HIIT Class 7:30am Haymans*	Shuttle to Haymans 11:30-1:00pm Lobby	Sunset + Sangrias on the Beach 5:00-6:00pm Sand Street	International Buffet 6:30-9:30pm Poolside	Live Entertainment 7:00-10:00pm Poolside
Sunday	Yoga 8:00am Lobby	Boardgames I 0:30-12:30pm Green Monkey Lounge	Shuttle to Haymans 4:00-6:00pm Lobby	A la Carte 6:30pm-9:30pm La Salsa	Mix + Mingle 6:00-9:30pm La Salsa

All Activities are subject to change at any time due to operational reasons. Please check with front desk. Some activities may occur a minimum number of persons.

*\$25 Fee