DAILY PROGRAM

CHAIRMAN'S CIRCLE

MONDAY

Stay fit – join our healthy program
10:00 am Stretching (Tropical Pool Area)
11:00 am Water Aerobics (Tropical Pool Area)
3:30 pm Abdominal Exercises (Tropical Pool Area)

Make new friends and have fun with our "Group competitions"
10:30 am Mini Golf Tournament (Tropical Pool Area)
11:30 am Pool Olympic Games
4:00 pm Pool Olympic Games

Take the opportunity to learn with our knowledge program
10:00 am Spanish Lesson (Indochine Restaurant)
3:00 pm Golf Lesson (Tropical Towel Center)

Follow the funniest activity program of the day
4:45 pm Bachata Sunset Party
Dance lessons and competitions Prizes for participants

TUESDAY

Stay fit – join our healthy program
10:00 am Stretching (Tropical Pool Area)
11:00 am Water Aerobics (Tropical Pool Area)
3:30 pm High Impact Aerobics (Tropical Pool Area)

Make new friends and have fun with our "Group competitions"
10:30 am Darts Tournament (Tropical Pool Area)
11:30 am Iron Man (Tropical Pool Area)
4:00pm Arm Wrestling Competition (Tropical Pool Area)

Take the opportunity to learn with our knowledge program
10:00 am Tennis Lesson (Tennis court)
3:00 pm Beverage Lesson (Tropical Pool Area)

Follow the funniest activity program of the day
4:45 pm Miss Lifestyle "Be the Lifestyle Queen"

WEDNESDAY

Stay fit – join our healthy program
10:00 am Stretching (Tropical Pool Area)
11:00 am Water Aerobics (Tropical Pool Area)
3:30 pm Step Aerobics (Tropical Pool Area)

Make new friends and have fun with our "Group competitions"
10:30 am Horse Shoe Tournament (Tropical Pool Area)
11:30 am Dominican Countryside games (Tropical Pool Area)

Take the opportunity to learn with our knowledge program
10:00 am Spanish Lesson (Indochine Restaurant)
3:00 pm Golf Lesson (Tropical Pool Towel Center)

Follow the funniest activity program of the day
4:00 pm Dominican party
Enjoy and feel the Dominican spirit
"Live" typical music, dance lessons ruffle and competition

MEETING POINT IS TROPICAL POOL AREA

DAILY PROGRAM

CHAIRMAN'S CIRCLE

THURSDAY

Stay fit – join our healthy program 10:00 am Stretching (pool area) 11:00 am Water Aerobics (pool area) 3:30 pm Abdominal Exercises (pool area)	Make new friends and have fun with our "Group competitions" 10:30 am Boccia Tournament (pool area) 11:30 am BALLOON WAR (pool area) 4:00 pm Beach Volleyball Tournament (Beach area)
Take the opportunity to learn with our k nowledge program 10:00 am Tennis lesson (Tennis court) 3:00 pm Beverage Lesson (Pool area)	Follow the funniest activity program of the day 4:45 pm Salsa Sunset Party Dance lessons and competitions Prizes for participants

FRIDAY

Stay fit – join our healthy program 10:00 am Stretching (pool area) 11:00 am Water Aerobics (pool area) 3:30 pm High Impact Aerobics (pool area)	Make new friends and have fun with our "Group competitions" 10:30 am Bowling Tournament (pool area) 11:30 am Unlimited Games (pool area) 4:00 pm Musical Quiz (pool area)
Take the opportunity to learn with our k nowledge program 10:00 am Spanish Lesson (Pilon Restaurant) 3:00 pm Golf lesson (Beach Towel Center)	Follow the funniest activity program of the day 4:45 pm Chocolate Dance Sunset Party Dance lessons and competitions

SATURDAY

Stay fit – join our healthy program 10:00 am Stretching (pool area) 11:00 am Water Aerobics (pool area) 3:30 pm Step Aerobics (pool area)	Make new friends and have fun with our "Group competitions" 10:30am Frisbee Tournament (pool area) 11:30 am Gladiator (pool area)
Take the opportunity to learn with our knowledge program 10:00 am Tennis lesson (Tennis court) 3:00 pm Beverage Lesson (Pool area)	Follow the funniest activity program of the day 4:45 pm Wilma vs. Fred Wilma and friends vs. Fred and friends

MEETING POINT IS TROPICAL POOL AREA