

DAILY ACTIVITIES

July - August
2019

SATURDAY		
7:15am	Morning Hiking	FC
8:15am	Basketball Competition	TC
10:45am	Aqua Aerobics	MP
11:30am	War Club Sculpting FJ\$15	MP
1:00pm	Basic Ukulele Lesson	MP
2:00pm	Serenading	MP

3:00pm	Cocktail Masterclass FJ\$45	LL
4:00pm	Beach Volleyball	LB
7:00-10:30pm	Live Band	LL

SUNDAY		
7:15am	Power Walk	LO
8:15am	Tennis Competition	TC
10:45am	Aqua Aerobics	MP
11:30am	Water Polo	MP
1:00pm	Henna Tattoo \$10 FJD	MP
2:00pm	Pool Fun Game	MP

3:00pm	Cocktail Masterclass FJ\$45	LL
4:00pm	Choir Lesson	LB
6:15pm	Choir	LH
7:00-10:30pm	Live Band	LL

EVERY DAY:

Fish Feeding
9:30am & 3:30pm

Torch Lighting
Ceremony 6:30pm

Power Walk at 5:00pm

MONDAY		
7:15am	Power Walk	LO
8:15am	Tennis Competition	TC
10:45am	Aqua Aerobics	MP
11:30am	Head Band Making	MP
1:00pm	Necklace Making	MP
2:00pm	Coconut Demonstration	MP

3:00pm	Bocce Competition	MP
4:00pm	Touch Rugby	LB
7:00-10:30pm	Soloist	LL

TUESDAY

7:15am	Circuit Training	FC	4:00pm	Beach Volleyball	LB
8:15am	Basketball Competition	TC	6:15pm	Kava Ceremony	LL
10:45am	Aqua Aerobics	MP	7:00-10:30pm	Live Band	LL
11:30am	Bula Dance	MP			
1:00pm	Adult Quiz	MP			
2:00pm	Tie Dye Painting FJ\$25	MP			

THURSDAY

7:15am	Power Walk	LO	3:00pm	Beach Treasure Hunt	LB
8:15am	Basketball Competition	TC	4:00pm	Beach Soccer	LB
10:45am	Aqua Aerobics	MP	6:15pm	Crab Race	LL
11:30am	Coconut Throwing	MP	7:00-10:30pm	Soloist	LL
1:00pm	Coconut Demonstration	MP	7:30pm	Meke Show	LH
2:00pm	Henna Tattoo \$10 FJD	MP			

WEDNESDAY

7:15am	Morning Hike	LO	2:00pm	Kokoda Demo	MP
8:15am	Tennis Competition	TC	3:00pm	Cocktail Masterclass FJ\$45	LL
10:45am	Aqua Aerobics	MP	4:00pm	Cricket Game	LB
11:30am	Veitiqa Competition	MP	5:30-7:30pm	Tribal Drum	VB
1:00pm	Spin the Wheel of Luck	MP	7:00-10.30pm	Soloist	LL
			7:30pm	Fire Dance	VB

FRIDAY

7:15am	Circuit Training	FC	3:00pm	Tribal Drum Demo	MP
8:15am	Tennis Competition	TC	4:00pm	Touch Rugby	LB
10:45am	Aqua Aerobics	MP	6:15pm	Kava Ceremony	LL
11:30am	Fijian Bracelet Making	MP	7:00-10:30pm	Live Band	LL
1:00pm	Tie Dye Painting FJ\$25	MP			
2:00pm	Fijian Language Lesson	MP			

LO - Lobby VB - Vonu Beach LL - Lagoon Lounge G - Gojii LB - Lagoon House Beach MP - Main Pool
 NP - North Point TC - Tennis Court FC - Fitness Centre LH - Lagoon House FB - Fish Bar KC - Kids Club

* Participation in all activities is entirely at your own risk.