



ANANTARA

IKO - MAURITIUS
RESORT & VILLAS



SUMMER ACTIVITY
PROGRAMME

2023

Chargeable Activities

Wine Tasting

Tennis Session:

- Adult lesson 1 hour
- Adult packages lesson 5 session of 1 hour each
- Kids lessons 30 minutes
- Kids packages lesson 5 Sessions of 30 minutes each
- Duo lesson 1 hour
- Duo packages 5 sessions
- Sparring partner 1 hour

Private Fitness Class

Private Holistic Classes (meditation,yoga,aqua yoga,aqua yoga)

Call extension 1642

Legend



Easy



Medium



Hard



A pre-booking of 24 hours is required for all listed activities. Activities with ** are chargeable.

EXT (1642)

MONDAY



| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|---|---------------------------|----------------|--|----------|----------------|
| 08:15 | BUDO FITNESS | Fitness Centre | Teens & Adults | | |
| 09:15 | PRE WORK JUICE | Ti Baz | Teens & Adults | | |
| 09:30 | FULL BODY WORKOUT | Fitness Centre | Teens & Adults 16+ minimum age restriction | | Sportswear |
| 10:00 11:15 13:00 | REIKI | Anantara Spa | <p>Reiki is a Japanese healing technique of stress reduction and relaxation response which is offered through light, non-invasive touch. It promotes overall sense of well-being and holistic health.</p> <p>Beneficial for: Chakra Test, Pain management, Chakra balancing, Headache, Stress relief, Sleep</p> <p>MUR 4800 per person - 90 minutes</p> | | |
| 11:15 | AQUA GYM | Fitness Centre | Teens & Adults | | |
| 14:00 | SNORKELING / GLASS BOTTOM | Main Reception | Family | | Swimsuit |
| <p>Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40</p> | | | | | |
| 15:00 | PILATES | Fitness Centre | Teens & Adults | | |
| 16:30 | VOLLEYBALL | Fitness Centre | Teens & Adults | | |
| 17:00 | RELAXING MEDITATION | Fitness Centre | Teens & Adults | | |
| 17:00 | RHUM TASTING | Ti Baz | ADULTS 18+ minimum age restriction | | |

TUESDAY

| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|-------------------------|---------------------------|-----------------------|---|--|--|
| 08:15 | YOGA | Fitness Centre | Teens & Adults | | |
| 09:00 10:30 14:00 | EDUCATIONAL CORAL FARMING | Boat House/ Reception | Family 18+ minimum age restriction | | Swimsuit |
| 09:15 | BIKE TOUR – PONT NATUREL | Fitness Centre | Teens & Adults 16+ minimum age restriction | | Sportswear |
| 10:00 | SMOOTHIE DEMONSTRATION | Ti Baz | Family | <p>Ideal start, learn and taste our best fruit & veggie mix.</p> <p>Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40</p> | |
| 14:30 | BEACH TENNIS | Volleyball pitch | Teens & Adults | | Swimsuit |
| 16:00 | FRUITS SALAD TASTING | Ti Baz | Family | | <i>Gout nu salad</i> / Taste our Mauritian style fruit salad |
| 16:30 | FOOTBALL TOURNAMENT | SFS Playground | Teens & Adults | | |
| 17:00 | POST WORKOUT SMOOTHIE | Ti Baz | Teens & Adults | | |
| 17:00 | LAUGHING THERAPY | Fitness Centre | Teens & Adults | | |



WEDNESDAY

| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|-------|--|------------------|---|---|---|
| 08:15 | RELAXING MEDITATION | Fitness Centre | Teens & Adults |  | |
| 09:00 | KILLING ABS | Fitness Centre | Teens & Adults 16+ minimum age restriction |  |  Sportswear |
| 09:15 | ARCHERY | Volleyball Pitch | Teens & Adults 8+ minimum age |  | |
| 09:30 | DETOX CLASS DEMONSTRATION | Ti Baz | Teens & Adults | | |
| 10:00 | PAINTING CLASS | Library | Teens & Adults 10+ minimum age restriction | | A pre-booking of 24 hours is required at the Anantara Spa |
| 12:00 | LOCAL SNACKS DEMONSTRATION | Ti Baz | Family | | |
| 14:00 | SNORKELING / GLASS BOTTOM | Main Reception | Family |  |  Swimsuit |
| | Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40 | | | | |
| 15:00 | POWERWALK TO ROYAL PALM FOREST | Fitness Centre | Teens & Adults 16+ minimum age restriction |  |  Sportswear |
| 16:00 | TEA TASTING | Library | | | |
| 16:30 | SLACKLINE | Fitness Centre | Teens & Adults 8+ minimum age |  | |
| 17:00 | MEDITATION & RELAXATION | Karokan Pool | Teens & Adults |  |  Swimsuit |

THURSDAY

| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|---|-------------------|------------------|---|---------------------|----------------|
| 08:15 | YOGA | Fitness Centre | Teens & Adults | | |
| 10:30 | TRAIL TO BLUE BAY | Fitness Centre | Teens & Adults 16+ minimum age restriction | Duration: 2hr30 | Sportswear |
| Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40 | | | | | |
| 14:00 | TENNIS INITIATION | Tennis Court | Teens & Adults 18+ minimum age restriction | Duration: 45min | Sportswear |
| 15:00 | HENNA TATTOO | Karokan Bar | Teens & Adults | | |
| 16:30 | VOLLEYBALL | Volleyball Pitch | Teens & Adults 16+ minimum age restriction | | |
| 17:00 | TAI-CHI | Fitness Centre | Teens & Adults | | Swimsuit |
| 18:00 | WINE TASTING** | Cellar 1884 | Adults 18+ minimum age restriction | | |



FRIDAY

| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|---|------------------------------|---------------------------|--|---|---|
| 08:15 | YOGA | Fitness Centre | Teens & Adults |  | |
| 09:00 10:30 14:00 | EDUCATIONAL CORAL FARMING | Boat House / Reception | Family 18+ minimum age restriction | | |
| 09:15 | CIRCUIT TRAINING | Fitness Centre | Teens & Adults 16+ minimum age restriction |  |  Sportswear |
| 10:00 | SMOOTHIE DEMONSTRATION | Ti Baz | Family | | |
| 11:00 | AQUA GYM | Karokan Pool | Teens & Adults 16+ minimum age restriction | |  Swimsuit |
| 14:00 | SNORKELING / GLASS BOTTOM | Main Reception | Family |  |  Swimsuit |
| Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40 | | | | | |
| 14:30 | BEACH TENNIS | Volleyball pitch | Teens & Adults |  |  Swimsuit |
| 17:00 | TAI-CHI | Fitness Centre | Teens & Adults |  | |
| 17:00 | RHUM TASTING | Ti Baz | Adults 18+ minimum age restriction | | |

SATURDAY

| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|--|----------------------------------|----------------|---|--|----------------|
| 08:15 | POWER YOGA | Fitness Centre | Teens & Adults | | |
| 09:15 | BUMS & TUMS | Fitness Centre | Teens & Adults 16+ minimum age restriction | | Sportswear |
| 10:00 | VEGGIE DRINK | Ti Baz | Teens & Adults | Vegs can also have a nice taste! Try one. | |
| 10:30 | TRAIL TOUR – PONT NATUREL | Fitness Centre | Teens & Adults 16+ minimum age restriction | Duration: 3hr | Sportswear |
| A stunning route through the wild south to enjoy a spectacular scenery. A must do! | | | | | |
| 14:00 | SNORKELING / GLASS BOTTOM | Main Reception | Family | | Swimsuit |
| Take in a leisurely trip and explore the Blue Bay Marine Park. Guests are requested to be present at main reception at 13:40 | | | | | |
| 14:00 | FRUITS SALAD TASTING | Ti Baz | Family | <i>Gout nu salad / Taste our Mauritian style fruit salad</i> | |
| 15:00 | HENNA TATTOO | Karokan Bar | Teens & Adults | | |
| 17:00 | RELAXING MEDITATION | Fitness Centre | Teens & Adults | | |
| 17:00 | COCKTAIL DEMONSTRATION & TASTING | Ti Baz | Adults 18+ minimum age restriction | | |



SUNDAY



| TIME | ACTIVITIES | MEETING POINT | CATEGORY | STRENGTH | DRESS CODE |
|---|----------------------------------|------------------|---|----------|----------------|
| 08:15 | AQUA YOGA | Aqua Pool | Teens & Adults 16+ minimum age restriction | | Swimsuit |
| 09:15 | ARCHERY | Volleyball Pitch | Family 16+ minimum age restriction | | |
| Channel your inner Robin Hood and shoot for the bull's eye. | | | | | |
| 10:00 | MOCKTAIL DEMONSTRATION & TASTING | Ti Baz | Teens & Adults | | |
| 10:30 | TABLE TENNIS COMPETITION | Fitness Centre | Teens & Adults 16+ minimum age restriction | | |
| 11:00 | SOPHROLOGY | Fitness Centre | Teens & Adults 16+ minimum age restriction | | |
| 11:15 | STRETCHING | Fitness Centre | Teens & Adults | | Sportswear |
| 13:30 | CARICATURE | Karokan Bar | Family | | |
| 14:30 | CREOLE LESSON | Fitness Centre | Family | | |
| 15:30 | ZUMBA DANCE CLASS | Fitness Centre | Teens & Adults 12+ minimum age restriction | | Sportswear |
| 16:00 | VOLLEYBALL | Volleyball Pitch | Teens & Adults 13+ minimum age restriction | | |
| 18:00 | WINE TASTING** | Cellar 1884 | Adults 18+ minimum age restriction | | |

