



## Weekly Activity Program: March 9<sup>th</sup> – March 15<sup>th</sup>, 2020

To reserve any activity, kindly see the Concierge by 06:00pm the day prior

### Wine & Dine

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#### Mosaic at CuisinArt

Breakfast: 07:00am – 10:30am  
 Lunch: 12:00pm – 04:00pm  
 Dinner: 06:00pm – 10:00pm

#### Tokyo Bay at CuisinArt

Dinner: 07:00pm – 10:00pm (closed Mondays & Tuesdays)

#### Beach Bar & Grill at CuisinArt

Bar: 10:00am – 06:00pm  
 Lunch: 12:00pm – 04:00pm

#### KazBar at CuisinArt

Bar: 01:00pm – 12:00am  
 Tapas: 05:00pm – 10:00pm

#### The Yacht Club at The Reef

Breakfast: 07:00am – 10:30am  
 Dinner: 07:00pm – 10:00pm (closed Tuesdays & Sundays)

#### Breezes at The Reef

Bar: 10:00am – 05:00pm  
 Lunch: 12:00pm – 04:00pm  
 Dinner: 07:00pm – 10:00pm (only Tuesdays)  
 Dinner: 06:00pm – 10:00pm (only Sundays)

#### On The Rock at The Reef

Bar: 07:00am – 11:00pm  
 Tapas: 12:00pm – 10:00pm

#### Santorini at The Clubhouse

Bar: 11:00am – 04:00pm (closed Mondays)

### Spa & Fitness

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#### Spa and Fitness Facilities at CuisinArt

Daily: 06:00am – 07:00pm

#### Spa Treatments at CuisinArt

Daily: 09:00am – 07:00pm

#### Fitness Facilities at The Reef

Daily: 12:00am – 11:59pm

**Spa Special – 50 minute Reflexology with Revitalizing Foot Treatment \$130 (regularly \$160)**

**Please contact Spa by CuisinArt at Ext. 3820 to reserve.**

All prices are subject to 10% service charge (or 15% + 2% Environmental Fee for F&B).  
 Some activities are subject to change, may be affected by weather conditions and can be booked private.

## Monday, 9<sup>th</sup> March

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<b>Yoga &amp; Meditation: Meet at Spa by CuisinArt</b> Take a deep breath, stretch your toes and start the day with a relaxing Yoga & Meditation session. \$20 per person.	09:00am – 10:00am
<b>Scrub Blend Bar: Meet at Spa by CuisinArt</b> Create an experience you will never forget and take home a memory and a gift by making your own spa product. \$25 per product.	10:00am – 10:30am
<b>Cooking Class – Empanadas, Chimichurri and Malbec: Meet at Mosaic at CuisinArt</b> The starting of the typical Argentinian meal and perfect excuse for the gathering. \$85 per person.	12:00pm – 01:30pm
<b>Kid's Flower Crown Creations: Meet at Spa by CuisinArt</b> Use vibrant tropical blooms plucked direct from the resort grounds and create your own crown. Complimentary.	03:00pm – 04:00pm
<b>Cocktail Class: Meet at On The Rock at The Reef</b> Shall it be a cocktail or a mocktail, creamy or fruity, sweet or sour? Find out and let your taste buds go on an excursion. \$25 per person.	04:30pm – 05:30pm

## Tuesday, 10<sup>th</sup> March

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<b>Relax &amp; Stretch: Meet at CuisinArt Pavilion</b> The morning is calling for a Relax & Stretch session – let's start the day with some activities. Complimentary.	09:15am – 10:15am
<b>Aqua Cycling: Meet poolside at The Reef</b> Dip into the pool, jump on the bike and push your heart rate to the limit. \$25 per person.	10:30am – 11:30am
<b>Cooking Class – Caribbean Ceviche: Meet at The Yacht Club at The Reef</b> Ceviche is a type of life in South America, learn how to do it in traditional way. \$70 per person.	12:00pm – 01:30pm
<b>Aqua Conditioning: Meet poolside at CuisinArt</b> Cardiac sports - the Aqua Conditioning way. Complimentary.	03:00pm – 04:00pm
<b>Stand-Up Paddle Board Yoga: Meet at Spa by CuisinArt</b> Do you love Yoga but prefer more of a challenge? Experience Yoga on our new paddle boards. \$50 per person.	03:00pm – 04:00pm
<b>Sunset Golf Cart Tour: Meet at the Golf Shop</b> Sunsets are special, take your loved one for a tour that you will never forget. \$20 per Golf Cart for 2 – beverage packages available.	05:20pm – 06:20pm
<b>Pickleball Class: Meet at the Tennis Courts at CuisinArt</b> Is it tennis, badminton or ping-pong? No, it is all of the above, unique and fun for everyone. \$40 per person.	05:30pm – 07:30pm
<b>Manager's Cocktail Reception: Meet at KazBar at CuisinArt</b> Our Management team is inviting you for a reception with a delicious cocktail on the beach. Complimentary.	06:00pm – 07:00pm
<b>Caribbean BBQ with Live Music by Omalie 360: Breezes at The Reef</b> Dinner on the beach...the sound of the waves...and live music by Omalie 360 shouldn't be missed by you. Priceless! \$75 per person.	07:00pm – 10:00pm

## Wednesday, 11<sup>th</sup> March

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<b>Yoga &amp; Meditation: Meet at Spa by CuisinArt</b> Have you greeted the morning yet? The Caribbean Sun Salutation is calling! \$20 per person.	09:00am – 10:00am
<b>Boot Camp Blitz: Meet at Bocce Ball/Tennis courts at The Reef</b> It's not too late... to blitz your beach body. Complimentary.	09:15am – 10:15am
<b>Aqua Cycling: Meet at Spa by CuisinArt</b> Do you enjoy biking and fresh waters? This is the best way to combine your desires. \$25 per person.	10:30am – 11:30am
<b>Aqua Fusion: Meet poolside at CuisinArt</b> Join an active afternoon in the water and feel your heartbeat faster. Complimentary.	03:00pm – 04:00pm
<b>Cooking Class – The Art of Pizza Making: Meet at Mosaic at CuisinArt</b> "The Secret is in the Dough" – Make the perfect dough to create various pizzas! \$55 per person.	04:00pm – 05:30pm
<b>Tennis Clinic: Meet at the Tennis Courts at CuisinArt</b> Grab a racket, get started and challenge yourself with other guests and our Tennis Pro. \$25 per person.	05:00pm – 06:15pm
<b>Live Music by Vere Musiq: KazBar at CuisinArt</b> Experience one of Anguilla's amazing bands – Vere Musiq. Enjoy an evening filled with live music and your drink of choice.	07:30pm – 10:30pm

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## Thursday, 12<sup>th</sup> March

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<b>Scrub Blend Bar: Meet at Spa by CuisinArt</b> Create an experience you will never forget and take home a memory and a gift by making your own spa product. \$25 per product.	10:00am – 10:30am
<b>Functional Fusion: Meet poolside at CuisinArt</b> Start the morning active: Move, strengthen, stretch and feel good. Complimentary	09:15am – 10:15am
<b>Cooking Class – Teppanyaki: Meet at Tokyo Bay at CuisinArt</b> Japan has a fascinating culture and kitchen - enhance your cooking skills and enjoy your handmade lunch afterwards. \$75 per person.	12:00pm – 01:30pm
<b>Aquatic Kickboxing: Meet poolside at CuisinArt</b> Kick, punch and box but don't be afraid! You just hurt the water... Complimentary.	03:00pm – 04:00pm
<b>Stand-Up Paddle Board Yoga: Meet at Spa by CuisinArt</b> Yoga is meant to bring mind and body in balance- find your own balance on the paddle board. \$50 per person.	03:00pm – 04:00pm
<b>Sunset Golf Cart Tour: Meet at the Golf Shop</b> Enjoy the sunset from a different perspective, overlooking the Golf Course. \$20 per Golf Cart for 2 – beverage packages available.	05:20pm – 06:20pm
<b>Wine Tasting: Meet at Santorini at The Clubhouse</b> Learn more about the variety of wine and find the perfect match for you. \$95 per person.	05:30pm – 07:00pm
<b>Pickleball Class: Meet at the Tennis Courts at CuisinArt</b> A paddle sport created for all ages and skill levels. Whether beginner or advanced, our class will challenge you. \$40 per person.	05:30pm – 07:30pm

## Friday, 13<sup>th</sup> March

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<b>Yoga &amp; Meditation: Meet at Spa by CuisinArt</b> Free your mind and the rest will flow... \$20 per person.	09:00am – 10:00am
<b>Beachfront Stretch: Meet at Breezes at The Reef</b> Start your day with breathtaking views as you relax & stretch. Complimentary	09:15am – 10:15am
<b>Aqua Cycling: Meet at Spa by CuisinArt</b> Are you in the mood for active sports? You found the right time and place! \$25 per person.	10:30am – 11:30am
<b>Cooking Class – Cookies, Cup Cakes &amp; Coulant: Meet in the Lobby at CuisinArt</b> Learn the basics from our chef and then make your own cookies & cupcakes and decorate them! \$50 per person.	02:00pm – 03:30pm
<b>Aqua Conditioning: Meet poolside at CuisinArt</b> Cardio & Low Impact Resistance - the Aqua Conditioning way. Complimentary.	03:00pm – 04:00pm
<b>9-hole Golf League: Meet at the Golf Shop</b> A competition for fun as a starter or a pro - you will not be disappointed. \$40 per person.	03:00pm – 05:00pm
<b>Rum Class: Meet at Beach Bar &amp; Grill at CuisinArt</b> Get seduced by our collection of different kinds of rum. Spoil your taste buds while indulging under the stars. \$45 per person.	06:30pm – 07:30pm
<b>Dinner &amp; Live DJ by DJ Sugar: Tokyo Bay at CuisinArt</b> Start your evening right with music by DJ Sugar and indulging in some of our famous meals at Tokyo Bay. Price as per menu.	07:00pm – 10:00pm

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## Saturday, 14<sup>th</sup> March

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<p><b>Rise &amp; Shine Golf Walk: Meet in the Lobby at CuisinArt</b> Experience the Golf Course from different point of view- take a guided walk instead of a Golf Cart. Complimentary.</p>	07:00am – 08:00am
<p><b>Yoga &amp; Meditation: Meet at Spa by CuisinArt</b> Have you greeted the morning yet? The Caribbean Sun Salutation is calling! \$20 per person.</p>	09:00am – 10:00am
<p><b>Fun Golf Event – St. Paddy’s Scramble: Meet at the Golf Shop</b> Try an alternate way of celebrating Saint Patrick’s Day and join us on the Golf course. \$120 per person.</p>	09:30am – 03:00pm
<p><b>Boot Camp Blitz with Splash Pad Cool Down: Meet at CuisinArt Playground</b> Bodyweight Circuits &amp; jogging intervals, concluding with the ultimate cooldown! Complimentary</p>	09:15am – 10:15am
<p><b>Aqua Cycling: Meet poolside at The Reef</b> You might be paddling nowhere but you will certainly reach your fitness goals. \$25 per person.</p>	10:30am – 11:30am
<p><b>Tennis Event – Tennis for Beginners: Meet at the Tennis Courts at CuisinArt</b> For the love of Tennis, Sun, Racquets and Balls! Complimentary.</p>	11:00am – 12:00pm
<p><b>Live DJ by DJ Sugar: Beach Bar &amp; Grill at CuisinArt</b> Start your afternoon with some lounge music and enjoy the breeze at Rendezvous Bay.</p>	12:00pm – 04:00pm
<p><b>Aquatic Kickboxing: Meet poolside at CuisinArt</b> Unlike the boxing ring, experience a different kind of black and blue. Complimentary.</p>	03:00pm – 04:00pm

## Sunday, 15<sup>th</sup> March

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<p><b>Yoga &amp; Meditation: Meet at Spa by CuisinArt</b> You might just bend over backwards for this class. \$20 per person.</p>	09:00am – 10:00am
<p><b>Scrub Blend Bar: Meet at Spa by CuisinArt</b> Create an experience you will never forget and take home a memory and a gift by making your own spa product. \$25 per product.</p>	10:00am – 10:30am
<p><b>Sunset Golf Cart Tour: Meet at the Golf Shop</b> Have you ever seen the sun setting over a Golf Course? If not, come and join us. \$20 per Golf Cart for 2 – beverage packages available.</p>	05:20pm – 06:20pm
<p><b>Dinner &amp; Live Music by Boss &amp; The Horsepower Band: Breezes at The Reef</b> A hotspot not only for our hotel guests but also for locals – you don’t want to miss this night out at Breezes. Price as per menu.</p>	06:00pm – 10:00pm



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