Weekly Activity Program: December 2nd – December 8th, 2019

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

Wine & Dine

**Mosaic at CuisinArt**
Breakfast: 07:00am – 10:30am
Dinner: 06:00pm – 10:00pm (closed Tuesdays)

**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
Dinner: 07:00 – 10:00 pm (only Tuesdays)

**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 Sundays)

**Breezes at The Reef**
Bar: 10:00am – 05:00pm
Lunch: 12:00pm – 04:00pm
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)
Lunch: 12:00pm – 03:30pm (closed Mondays)

Spa Special

80 minute Arctic Berry Illuminating Facial $185 (regularly $220)

Please contact Spa by CuisinArt at Ext. 3820 to reserve.
### Monday, 2nd December

**Yoga & Meditation: Meet at Spa by CuisinArt**  
Take a deep breath, stretch your toes and start the day with a relaxing Yoga & Meditation session. $20 per person.  
**Time:** 09:00am – 10:00am

**Scrub Blend Bar: Meet at Spa by CuisinArt**  
Create an experience you will never forget and take home a memory and a gift by making your own spa product. $25 per product.  
**Time:** 10:00am – 10:30am

**Cooking Class – Empanadas, Chimichurri and Malbec: Meet at Mosaic at CuisinArt**  
The starting of the typical Argentinian meal and perfect excuse for the gathering. $85 per person.  
**Time:** 12:00pm – 01:30pm

**Kid’s Flower Crown Creations: Meet at Spa by CuisinArt**  
Use vibrant tropical blooms plucked direct from the resort grounds and create your own crown. Complimentary.  
**Time:** 03:00pm – 04:00pm

**Cocktail Class: Meet at On The Rock at The Reef**  
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.  
**Time:** 04:30pm – 05:30pm

### Tuesday, 3rd December

**Relax & Stretch: Meet at CuisinArt Pavilion**  
The morning is calling for a Relax & Stretch session - let’s start the day with some activities. Complimentary.  
**Time:** 09:15am – 10:15am

**Aqua Cycling: Meet in the Lobby at The Reef**  
Dip into the pool, jump on the bike and push your heart rate to the limit. $25 per person.  
**Time:** 10:30am – 11:30am

**Stand-Up Paddle Board Yoga: Meet at Spa by CuisinArt**  
Do you love Yoga but prefer more of a challenge? Experience Yoga on our new paddle boards. $50 per person.  
**Time:** 10:30am – 11:30am

**Cooking Class – Caribbean Ceviche: Meet at The Yacht Club at The Reef**  
Ceviche is a type of life in South America, learn how to do it in traditional way. $70 per person.  
**Time:** 12:00pm – 01:30pm

**Indigenous Herbs Workshop: Meet at Spa by CuisinArt**  
Learn the uses and benefits of Anguilla’s locally grown herbs and enjoy a sampling of traditional bush tea. Complimentary.  
**Time:** 01:00pm – 02:00pm

**Aqua Conditioning: Meet poolside at CuisinArt**  
Cardiac sports - the Aqua Conditioning way. Complimentary.  
**Time:** 03:00pm – 04:00pm

**Sunset Golf Cart Tour: Meet at the Golf Shop**  
Sunsets are special, take your loved one for a tour that you will never forget. $20 per Golf Cart for 2 – beverage packages available.  
**Time:** 04:40pm – 05:40pm

**Pickleball Class: Meet at the Tennis Courts at CuisinArt**  
Is it tennis, badminton or ping-pong? No, it is all of the above, unique and fun for everyone. $40 per person.  
**Time:** 05:30pm – 07:30pm

**Manager’s Cocktail Reception: KazBar at CuisinArt**  
Join our Management Team for a reception with delicious cocktails. Complimentary.  
**Time:** 06:00pm – 07:00pm

**Lobster BBQ with Live Music by Omalie 360: Beach Bar & Grill at CuisinArt**  
Dinner on the beach...the sound of the waves...live local music. Priceless! $75 per person.  
**Time:** 07:00pm – 10:00pm

### Wednesday, 4th December

**Yoga & Meditation: Meet at Spa by CuisinArt**  
Release the stress and focus on your inner strength with our Yoga & Meditation class. $20 per person.  
**Time:** 09:00am – 10:00am

**Boot Camp Blitz: Meet at Bocce Ball/Tennis courts at The Reef**  
It’s not too late… to blitz your beach body. Complimentary.  
**Time:** 09:15am – 10:15am

**Aqua Cycling: Meet at Spa by CuisinArt**  
Do you enjoy biking and fresh waters? This is the best way to combine your desires. $25 per person.  
**Time:** 10:30am – 11:30am

**Aqua Fusion: Meet poolside at CuisinArt**  
Join an active afternoon in the water and feel your heartbeat faster. Complimentary.  
**Time:** 03:00pm – 04:00pm

**Cooking Class – The Art of Pizza Making: Meet at Mosaic at CuisinArt**  
“The Secret is in the Dough” – Make the perfect dough to create various pizzas! $75 per person.  
**Time:** 04:00pm – 05:30pm

**Tennis Clinic: Meet at the Tennis Courts at CuisinArt**  
Grab a racket, get started and challenge yourself with other guests and our Tennis Pro. $25 per person.  
**Time:** 05:00pm – 06:15pm

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### Thursday, 5th December

**Boot Camp Blitz with Splash Pad Cool Down: Meet at CuisinArt Pavilion**  
09:15am – 10:15am

Another Boot Camp, another chance to showcase how motivated you are. Complimentary.

**Scrub Blend Bar: Meet at Spa by CuisinArt**  
10:00am – 10:30am

Create an experience you will never forget and take home a memory and a gift by making your own spa product. $25 per product.

**Aqua Cycling: Meet in the Lobby at The Reef**  
10:30am – 11:30am

Have you stepped in the water today? Jump into the pool and cycle with us. $25 per person.

**Stand-Up Paddle Board Yoga: Meet at Spa by CuisinArt**  
10:30am – 11:30am

Yoga is meant to bring mind and body in balance- find your own balance on the paddle board. $50 per person.

**Cooking Class – Teppanyaki: Meet at Tokyo Bay at CuisinArt**  
12:00pm – 01:30pm

Japan has a fascinating culture and kitchen - enhance your cooking skills and enjoy your handmade lunch afterwards. $75 per person.

**Aquatic Kickboxing: Meet poolside at CuisinArt**  
03:00pm – 04:00pm

Kick, punch and box but don’t be afraid! You just hurt the water… Complimentary.

**Sunset Golf Cart Tour: Meet at the Golf Shop**  
04:40pm – 05:40pm

Enjoy the sunset from a different perspective, overlooking the Golf Course. $20 per Golf Cart for 2 – beverage packages available.

**Wine Tasting: Meet at Santorini at The Clubhouse**  
05:30pm – 07:00pm

Learn more about the variety of wine and find the perfect match for you. $95 per person.

**Pickleball Class: Meet at the Tennis Courts at CuisinArt**  
05:30pm – 07:30pm

A paddle sport created for all ages and skill levels. Whether beginner or advanced, our class will challenge you. $40 per person.

**Live Music by Omari Banks: KazBar at CuisinArt**  
07:30pm – 09:30pm

Good music, good drinks and a tropical atmosphere – a perfect night in Anguilla!

### Friday, 6th December

**Yoga & Meditation: Meet at Spa by CuisinArt**  
09:00am – 10:00am

Free your mind and the rest will flow… $20 per person.

**Aqua Conditioning: Meet poolside at The Reef**  
09:15am – 10:15am

Cardiac sports - the Aqua Conditioning way. Complimentary.

**Aqua Cycling: Meet at Spa by CuisinArt**  
10:30am – 11:30am

Are you in the mood for active sports? You found the right time and place! $25 per person.

**Cooking Class – Cookies, Cup Cakes & Coulant: Meet in the Lobby at CuisinArt**  
02:00pm – 03:30pm

Learn the basics from our chef and then make your own cookies & cupcakes and decorate them! $85 per person.

**Functional Fusion: Meet at CuisinArt Pavilion**  
03:00pm – 04:00pm

Start the morning active: Move, strengthen, stretch and feel good. Complimentary.

**9-hole Golf League: Meet at the Golf Shop**  
03:00pm – 05:00pm

A competition for fun as a starter or a pro - you will not be disappointed. $40 per person.

**Rum Class: Meet at The Beach Bar & Grill at CuisinArt**  
06:30pm – 07:30pm

Get seduced by our collection of different kinds of rum. Spoil your taste buds while indulging under the stars. $45 per person.

**Live Music by Shea Shea & Company: KazBar at CuisinArt**  
07:00pm – 10:00pm

Experience one of Anguilla’s amazing bands – Shea Shea & Company. Enjoy an evening filled with live music and your drink of choice.

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### Saturday, 7th December

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<tr>
<th>Activity</th>
<th>Time</th>
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<tr>
<td><strong>Rise &amp; Shine Golf Walk: Meet in the Lobby at CuisinArt</strong>&lt;br&gt;Experience the Golf Course from different point of view- take a guided walk instead of a Golf Cart. Complimentary.</td>
<td>07:00am – 08:00am</td>
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<tr>
<td><strong>Yoga &amp; Meditation: Meet at Spa by CuisinArt</strong>&lt;br&gt;Have you greeted the morning yet? The Caribbean Sun Salutation is calling! $20 per person.</td>
<td>09:00am – 10:00am</td>
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<tr>
<td><strong>Family Fun Playground Workout (all ages): Meet at CuisinArt Playground</strong>&lt;br&gt;Who is the fittest in the family, your kids or you? Challenge yourself and find out! Complimentary.</td>
<td>09:15am – 10:15am</td>
</tr>
<tr>
<td><strong>Aqua Cycling: Meet in the Lobby at The Reef</strong>&lt;br&gt;You might be paddling nowhere but you will certainly reach your fitness goals. $25 per person.</td>
<td>10:30am – 11:30am</td>
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<tr>
<td><strong>Tennis Event — Family Tennis: Meet at the Tennis Courts at CuisinArt</strong>&lt;br&gt;For the love of Tennis, Sun, Racquets and Balls! Complimentary.</td>
<td>11:00am – 12:00pm</td>
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<tr>
<td><strong>Cooking Class – Portuguese Petiscos: Meet at Mosaic at CuisinArt</strong>&lt;br&gt;Petiscos is the best of Portugal: A small version of large plates that allows you to enjoy flavors from different dishes. $85 per person.</td>
<td>12:00pm – 01:30pm</td>
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<tr>
<td><strong>Aquatic Kickboxing: Meet poolside at CuisinArt</strong>&lt;br&gt;Unlike the boxing ring, experience a different kind of black and blue. Complimentary.</td>
<td>03:00pm – 04:00pm</td>
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### Sunday, 8th December

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<th>Activity</th>
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<tr>
<td><strong>Yoga &amp; Meditation: Meet at Spa by CuisinArt</strong>&lt;br&gt;You might just bend over backwards for this class. $20 per person.</td>
<td>09:00am – 10:00am</td>
</tr>
<tr>
<td><strong>Scrub Blend Bar: Meet at Spa by CuisinArt</strong>&lt;br&gt;Create an experience you will never forget and take home a memory and a gift by making your own spa product. $25 per product.</td>
<td>10:00am – 10:30am</td>
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<tr>
<td><strong>Live DJ by DJ Deany: Beach Bar &amp; Grill</strong>&lt;br&gt;Start your afternoon right with music by DJ Deany and enjoy the breeze at Rendezvous Bay.</td>
<td>01:00pm – 04:00pm</td>
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<tr>
<td><strong>Sunset Golf Cart Tour: Meet at the Golf Shop</strong>&lt;br&gt;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.</td>
<td>04:40pm – 05:40pm</td>
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<tr>
<td><strong>Dinner &amp; Live Music by Boss &amp; The Horsepower Band: Breezes at The Reef</strong>&lt;br&gt;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.</td>
<td>06:00pm – 10:00pm</td>
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