

# ENTERTAINMENT EVENING PROGRAM EVERY DAY

## Monday

20:30 - 21:00  
21:15 - 23:00

Music Quiz Competition  
Live singer

## Tuesday

20:30 - 21:00  
21:00 - 23:00

Micheal Jackson show  
Cuban band

## Wednesday

20:30 - 21:00  
21:00 - 21:45  
21:45 - 23:00

Cabaret Dance show  
Ms Makadina competition  
Night line disco

## Thursday

20:30 - 21:00  
21:00 - 23:00

Animation Dance show  
Cuban band

## Friday

20:30 - 21:00  
21:15 - 21:45  
21:45 - 23:00

Shahrazad Egyptian show  
Belly dance Competition  
Night line disco

## Saturday

20:30 - 21:00  
21:15 - 21:45  
21:45 - 23:00

Around the world show  
Live band  
Night line Disco

## Sunday

20:30 - 21:00  
21:00 - 23:00

The greatest Dance show  
Cuban Band

# ENTERTAINMENT EVENING PROGRAM EVERY DAY

## Monday

20:30 - 21:00  
21:15 - 23:00

Circus acrobat show  
Karaoke

## Tuesday

21:15 - 21:45  
21:45 - 23:00

Radio Beats show  
Cuban band

## Wednesday

20:30 - 21:00  
21:00 - 21:45  
21:45 - 23:00

Barazilian Dance show  
Mr Makadina competition  
Night line disco

## Thursday

20:30 - 21:00  
21:00 - 23:00

Animation Dance show  
Cuban band

## Friday

20:30 - 21:00  
21:15 - 21:45  
21:45 - 23:00

Belly Dance and Tanoura show  
Belly dance Competition  
Night line disco

## Saturday

20:30 - 21:00  
21:15 - 21:45  
21:45 - 23:00

Silkroad Dance Show  
Live band  
Night line Disco

## Sunday

21:15 - 21:45  
21:00 - 23:00

Las vegas Dance show  
Cuban Band

[illegible]



# FITNESS PROGRAM

## EVERY DAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30	Morning wellness	Morning wellness	Morning wellness	Morning wellness	Morning wellness	Morning wellness	Morning wellness
11:30	Water Gym	Water Gym	Water Gym	Highlight	Water Gym	Water Gym	Water Gym
15:30	Zumba	Bodywork out	Zumba	Yoga	Zumba	Belly Killer	Yoga

- We look at the physiological and mental benefits of exercise.
- We look at the different reasons people are exercising through three typical client profiles.
- Using the information learnt we identify how it best applies to you and create a personalized workout.
- We study the art of creating goals which results in success.
- We will apply the SMART method and create goals for ourselves as well as obtain the skill to teach others how to use this goal setting method.
- The fitness instructors are educated and get high level of certification.

## **DAILY Highlight**

**Monday – Olympic Day**

**10:00**

**Tuesday – Make your own cocktail**

**15:30**

**Wednesday –boccia cup**

**15:30**

**Thursday – Team Building**

**11:30**

**Friday – X-O competition**

**11:00**

**Saturday –Towel decoration**

**11:00**

**Sunday – fruits festival**

**15:30**

# **DAILY TOURNAMENT**

**Monday – Olympic Day**

**10:00**

**Tuesday – Croquet Game**

**15:30**

**Wednesday – Kubb**

**15:30**

**Thursday – Ground domino**

**15:30**

**Friday – Bean bag**

**11:00**

**Saturday –shuffle board**

**15:30**

**Sunday – Ring toss**

**11:00**

For more information , please contact Animation Team